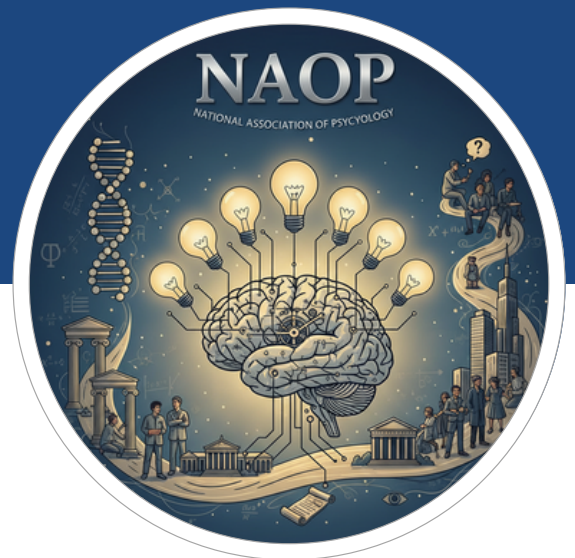


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BULLETIN OF NATIONAL ACADEMY OF PSYCHOLOGY (NAOP) INDIA

2025-2026
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(MAR & SEPT)

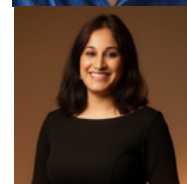


**"Towards the
continued
development of
Psychology..."**

• • • •

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MESSAGE FROM THE EDITORIAL TEAM

Dear Readers,

It gives us immense pleasure to present this issue of the NAOP Bulletin, centered on the theme *"Psychology for the Changing World."* The concept for this issue came out of one of our editorial meetings, when we caught ourselves looking back at the ways that our own practice, research, and teaching had changed in the past few years. Someone shared how their students have been asking more and more questions about topics pertaining to artificial intelligence and mental health; another discussed the effects of migration and climate change on community welfare; while another pointed to how quickly changing political scenarios and social movements were transforming discussions of identity, rights, and justice. As we heard one another, it seemed evident that psychology is not merely observing these transformations. Instead, it is being challenged to respond, reinterpret, and redesign its contribution to society.

This acknowledgment prompted us to stop and wonder: How does psychology continue to be relevant and influential in such troubling times of change? That question informed the core of this issue. Psychology as a discipline, with its focus on understanding the inner world of humans, is well positioned to shed light on patterns of resilience, creativity, and diversity in an emerging world. From reshaping mental health in virtual realms, to promoting social justice and equality, to building sustainable well-being in a globalized world, psychology has the potential to influence human futures positively and change them for the better.

This bulletin brings together voices, insights, and reflections that highlight how psychological science is evolving in response to global shifts. It is our hope that these contributions inspire further dialogue, collaboration, and action within our community of scholars and practitioners. We express our sincere thanks to all readers and contributors for maintaining the NAOP spirit alive. Let this issue remind us to go on asking hard questions, pushing boundaries, and using psychology as a positive force to create change in the world we live in.

Dr. Shalini Mittal, Assistant Professor, Bennett University

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

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

Sakshi Mathur and Mimansa Purohit (Editorial assistants)

Adarsh Nim and Spriha Kabra (Bulletin designers)

MESSAGE FROM DR. TUSHAR SINGH, PRESIDENT, NAOP



It gives me great pleasure to present the renewed volume of the NAOP Bulletin. This publication has long served as an important platform for connecting psychologists across the country, sharing ideas, celebrating achievements, and fostering a sense of collective identity.

In the past, I had the privilege of serving as its editor, and I know firsthand the effort and dedication required to bring out each issue. When I stepped down due to growing personal, professional, and organisational commitments, the Bulletin unfortunately could not continue. Reviving it has always been my wish, and I am delighted that during my tenure as President, we are able to reinitiate this important tradition.

I am deeply grateful to Dr. Shalini Mittal, my former doctoral student, for graciously taking on the editorial responsibility with such enthusiasm. I am confident that under her leadership, the Bulletin will once again become a vibrant medium for knowledge exchange and professional dialogue within our fraternity.

I would also like to share information about two important forthcoming events of NAOP: the Regional Conference at Dr. Hari Singh Gaur Sagar University on 6 – 7 November 2025, and the Annual Convention hosted by IIM Shillong during April 29 – May 1, 2026. I warmly invite all members and well-wishers to block these dates, attend, and contribute to the success of these gatherings.

Beyond conferences, NAOP continues to run several initiatives that aim to strengthen our discipline:

- Advanced Research Training Seminars (ARTS): providing training in advanced research and academic writing skills.
- NAOP Lectures: bringing leading scholars to university departments to enrich students and faculty alike.
- Regional Conferences: particularly in areas where psychology is still developing, offering valuable exposure to the latest advances in the field.

In addition, NAOP supports many more initiatives, details of which are available on our website. I warmly encourage members to apply for these opportunities and contribute to the collective growth of our discipline.

Finally, I invite all readers to write to me at president@naopindia.org with ideas, suggestions, or initiatives that can further strengthen NAOP and advance psychology in India.

Together, let us make this forum a meaningful and enduring voice of our academy.

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.

NAOP'S HISTORY

The idea of the National Academy of Psychology (NAOP) was discussed at gatherings of both young and senior psychologists attending national seminars on Applied Social Psychology in India, organized by Professor Girishwar Misra at Bhopal University, Bhopal, Central India, in 1985 and 1987. The scholars discussed the common objective of establishing a professional organization to provide a national forum and fulfill the need for serious scholars committed to the growth of psychology in India.

It was firmly realized that professional associations and organizations are vehicles that facilitate the exchange of ideas, professional collaborations, and the blending of minds. The NAOP (India) was envisioned as a forum for the exchange of ideas and sharing of knowledge among psychologists working in various academic and applied fields across India.

The NAOP seeks to promote the application and quality of teaching and research within the field of psychology and to foster multidisciplinary work aimed at improving the quality of life of India's citizens. Taking these considerations into account, the group at Bhopal signed a commitment on



February 11, 1987, and entrusted Professor L.B. Tripathi with the responsibility of drafting a constitution to give concrete shape to the proposed organization, which would avoid the traditional patterns of membership and elected office bearers. The statutes drafted by Professor L.B. Tripathi were discussed, modified, and adapted at a meeting at IIT Kanpur on February 24, 1989, leading to the formal establishment of NAOP.

In the year 2000, NAOP decided to adopt the publication of Psychological Studies, a journal started by the late Professor B. Krishnan approximately five decades earlier.

The NAOP constitution was modified in 2014. Over the last two decades, NAOP has grown and continues to serve the field of psychology in India.

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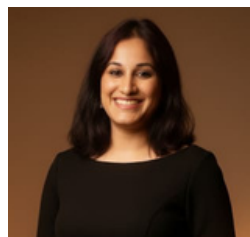


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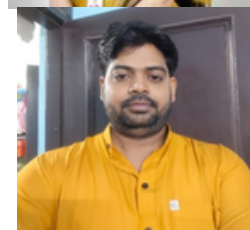
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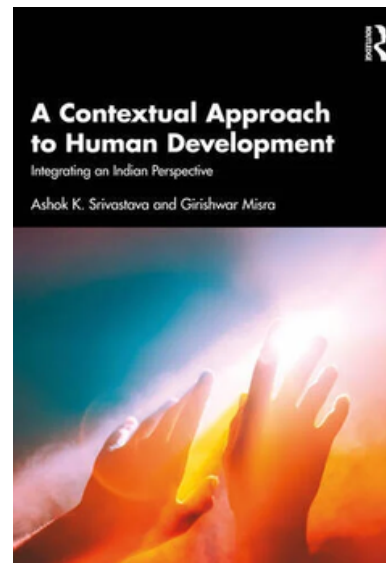
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A Contextual Approach to Human Development

Authors: Ashok K. Srivastava and Girishwar Misra

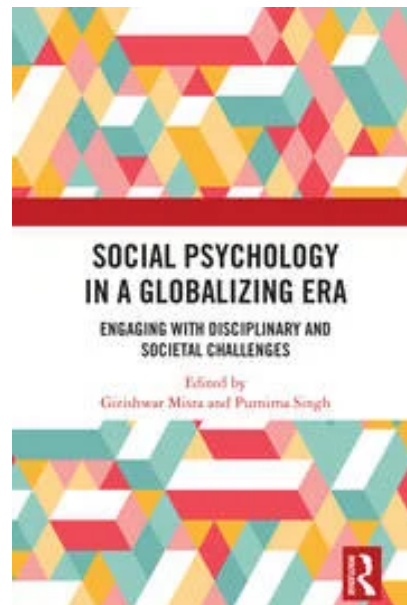
Publisher: Routledge



Social Psychology in a Globalizing Era Engaging with Disciplinary and Societal Challenges

Editors: Girishwar Misra & Purnima Singh

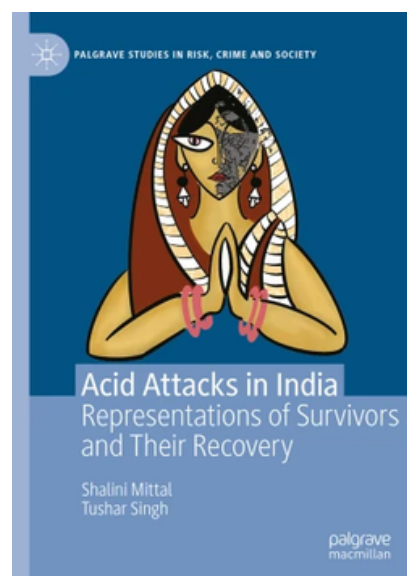
Publisher: Routledge



Acid Attacks in India: Representations of Survivors and Their Recovery, Nov 2025

Authors: Shalini Mittal, Tushar Singh

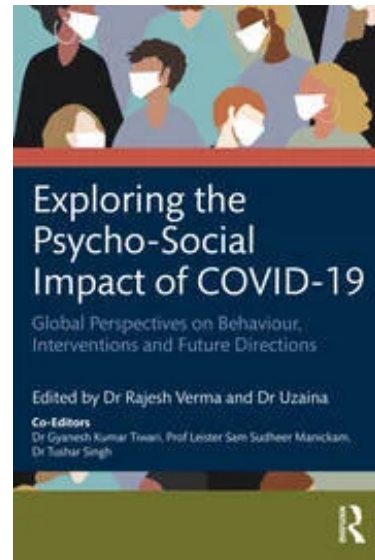
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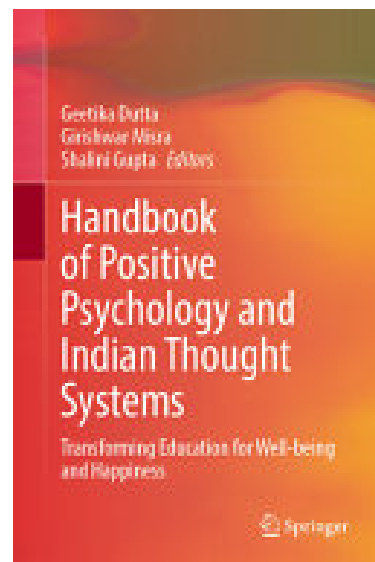
Exploring the Psycho-social Impact of Covid-19

Editors: Rajesh Verma, Uzaina, Sam Manickam, Tushar Singh & Gyanesh Tiwari
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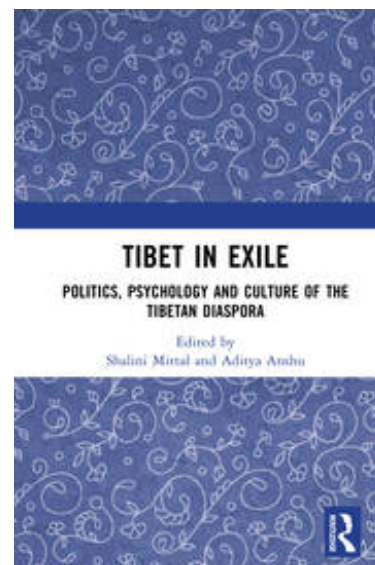
Handbook of Positive Psychology and Indian Thought Systems (Transforming Education for Well-being and Happiness)

Editors: Geetika Dutta, Girishwar Misra, Shalini Gupta
Publisher: Springer



Tibet in Exile: Politics, Psychology and Culture of the Tibetan Diaspora

Editors: Shalini Mittal and Aditya Anshu
Publisher: Routledge

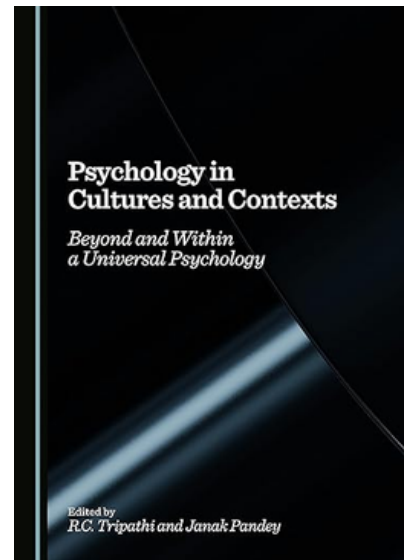


REPUTED BOOKS BY NAOP MEMBERS

Psychology in Cultures and Contexts: Beyond and Within a Universal Psychology

Editors: R.C. Tripathi, Janak Pandey

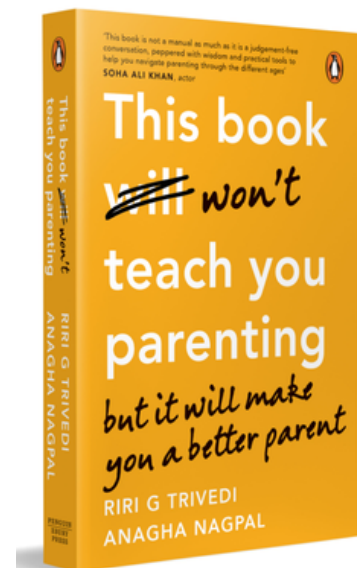
Publisher: Cambridge Scholars Publishing



This Book Won't Teach You Parenting but It Will Make You a Better Parent

Authors: Riri G Trivedi, Anagha Nagpal

Publisher: Penguin Random House



PSYCHOLOGY IN PRACTICE

Twashtri: Integrating Indian Knowledge Systems with Modern Psychotherapy

About Twashtri

Twashtri is a pioneering mental health startup based in Bangalore, founded by Ms. Roopali Das, a former Assistant Professor and alumna of Delhi University. Our mission centers on providing holistic mental health care through the innovative integration of traditional Indian knowledge systems with contemporary psychotherapeutic practices.

Our Impact

Since inception, we have:

- Successfully served over 1,200 clients
- Conducted numerous workshops on Conscious Living Practices
- Delivered specialized training on Counselling from a Consciousness Perspective
- Developed evidence-based therapeutic modules

Research and Development

We have developed innovative therapeutic modules, including:

- Sleep improvement programs based on the integration of Yogic principles and Neuroscience
- Currently pilot-testing these modules with promising preliminary results
- Specialized care plans in development, scheduled for launch soon

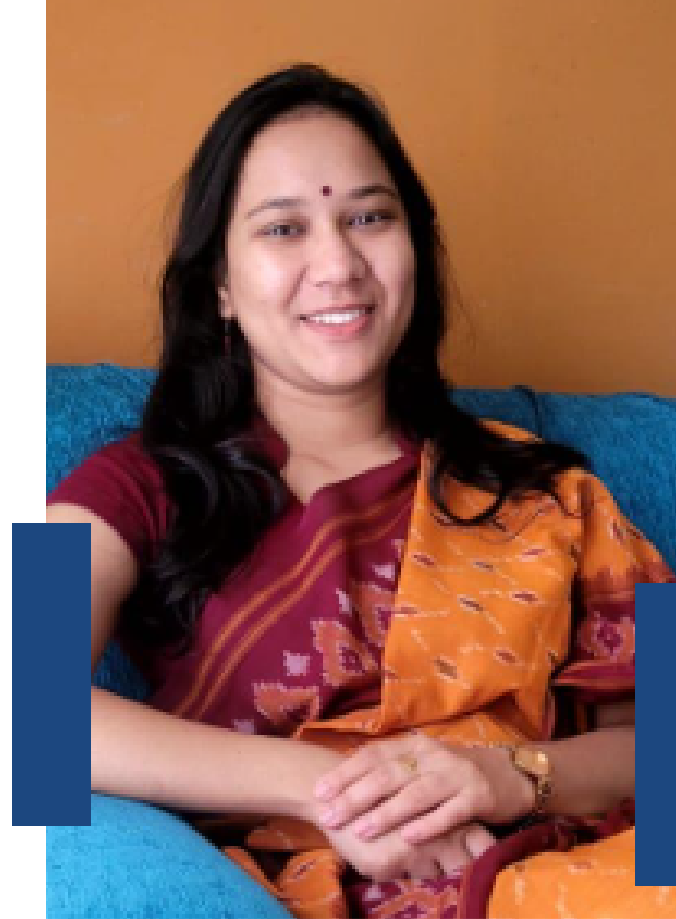
Collaboration Opportunities

Twashtri actively seeks partnerships with universities and colleges to:

- Conduct workshops and training programs
- Collaborate on module testing and validation
- Provide meaningful internship opportunities for students
- Advance research in integrated mental health approaches

Contact Information:

For collaboration inquiries and partnership opportunities, interested institutions and professionals are welcome to connect with us at contact@twashtricenter.com or twashtricenter@gmail.com to explore how we can contribute to advancing culturally integrated mental health practices in academic and clinical settings.



Ms. Roopali Das, Psychologist and Founder of Twashtri, blends Indian knowledge systems with modern therapy, specializing in Complex Trauma and Identity Crises. With 8+ years of experience at DU, NIMHANS, and 1200+ clients, she uses Yoga as her guiding compass in work and life.

PSYCHOLOGY IN PRACTICE

Riri G. Trivedi and Dr. Gunjan Y. Trivedi, co-founders of Wellness Space (Ahmedabad), exemplify how psychological science can be seamlessly translated into impactful therapeutic practice. Their work demonstrates the powerful intersection of **research, evidence-based psychotherapy, and community engagement**.

Riri G. Trivedi **integrates psychological theory, particularly attachment theory and trauma-informed care, into her therapeutic and educational work**. Her approach helps individuals and parents understand how early experiences shape emotional regulation, parenting styles, and adult mental health outcomes such as anxiety and depression. Through her strong digital outreach (1.4 million+ followers) and TEDx talks on childhood trauma, she continues to bridge psychological insights with real-world mental health promotion.

Gunjan Y. Trivedi **applies principles from neuroscience and psychology, including memory reconsolidation, resilience theory, and heart-brain coherence, to address trauma and complex PTSD**. His research explores the dynamics between Adverse Childhood Experiences (ACEs) and Positive Childhood Experiences (PCEs) in shaping resilience and mental health outcomes in adulthood.



RIRI G. TRIVEDI



DR. GUNJAN Y. TRIVEDI

At **Wellness Space**, he translates this research into therapeutic protocols, contributing to culturally grounded psychometric validation and developing trauma-sensitive interventions suited to the Indian context. **His work advances understanding of Complex PTSD, Borderline Personality Disorder (BPD), and Major Depressive Disorder (MDD), offering a bridge between global research and Indian clinical realities.**

Together, Riri and Gunjan demonstrate how psychology extends beyond theory, into **healing, assessment, and applied change, making their work a model for integrating science, compassion, and practice in the field of mental health.**

PSYCHOLOGY IN A CHANGING SOCIETY: RECLAIMING DEPTH THROUGH CONTEMPLATIVE AND DECOLONIAL LENSES



**Rekha Singhal, Professor and Dean,
Faculty of Contemplative and
Behavioural Sciences, Sri Sri
University**

In an age of globalization, technological acceleration, environmental crises, and psychosocial fragmentation, psychology must evolve beyond its traditional Western paradigms. Mainstream psychology has privileged cognition, behavior, and quantification while sidelining lived experience, inner suffering, and existential dilemmas. What is urgently needed is a holistic, culturally rooted, and spiritually integrative framework.

Contemplative psychology offers such a paradigm. Drawing from Vedanta, Buddhism, and Yoga, it cultivates inner awareness through meditation and self-inquiry, integrates ethics and compassion into growth, and emphasizes embodied healing. Beyond treating pathology, it opens a transpersonal dimension, inviting exploration of interconnectedness, meaning, and spiritual awakening.

Rather than rejecting scientific rigor, contemplative psychology complements it, aligning with movements like neurophenomenology, positive psychology, and contemplative science.

Decolonizing psychology is reconstructive: it allows indigenous perspectives and ancestral wisdom to shape psychological science. India's intellectual traditions, from the Bhagavad Gita to Patanjali's Yoga Sutras and Buddhist Abhidhamma, offer nuanced models of mind, consciousness, and wellbeing. Integrating such wisdom with modern psychology is not a sentimental blend but an evidence-based synthesis. This is already visible in mindfulness-based interventions, yoga psychology, narrative inquiry, and compassion-focused therapies—each affirming the value of silence, self-reflection, and ethical presence.

Contemplative and decolonial approaches are not just additions to therapy; they restore the soul to healing. They reframe wellbeing as more than symptom reduction—as the cultivation of resilience, compassion, and existential clarity. By reclaiming cultural roots and contemplative practices, individuals reconnect with self, lineage, and community, experiencing themselves as whole beings rather than fragmented identities.

Conclusion

The deepest act of healing today is to turn inward, toward silence, relationship, and meaning. Contemplative psychology and decolonial thought are not peripheral but revolutionary, restoring authenticity and dignity to human flourishing.

UNSEEN GRIEF, UNHEARD VOICES: THE PSYCHOLOGY BEHIND DELHI'S STREET DOG DEBATE



Sakshi Mathur, Research Scholar,
Bennett University



Mimansa Purohit, Research Scholar, IIT
Roorkee

The recent uproar over Delhi's street dog population has once again divided the city into two camps: those who see dogs as companions deserving love and protection, and those who view them as threats to safety. Heated arguments around sterilization, relocation, and culling are not merely about animals, they mirror deep-seated human emotions surrounding attachment, loss, and fear. Psychology has long overlooked one crucial aspect of the human - animal relationship: pet bereavement. Across cultures, humans form strong bonds with their pets, but due to the shorter lifespan of animals, every pet owner inevitably faces loss. Unlike the loss of a human loved one, grief for pets is often minimized or dismissed. This "disenfranchised grief" forces many to suppress their emotions, leading to difficulties in emotion regulation.

A recent study by Purohit & Appachu (2022) explored this connection using the Pet Bereavement Questionnaire and the Difficulty in Emotion Regulation Scale-18 with 218 participants.

The results revealed a significant positive correlation, those struggling with pet loss were more likely to report difficulties in managing emotions. In other words, when grief is silenced, it complicates how people express and regulate emotions more broadly.

For others, fear of bites, disease, or accidents transforms into anger and demands for elimination. Both reactions, idealization and hostility, may be understood as emotional responses shaped by how grief and vulnerability are handled. The street dog debate thus becomes an emotional mirror. It exposes how unresolved grief and fear play out in public life. A society that fails to legitimize pet bereavement may also struggle to create balanced responses to community animals. Moving forward, solutions must combine psychology, compassion, and policy. Humane approaches such as mass sterilization and community-driven adoption can balance safety with care. The government could incentivize adoption of Indian breeds ("indies") over purchasing expensive pets, build sustained awareness campaigns around adoption instead of buying animals, and enforce legal action against unethical breeders. Such measures would not only reduce stray populations but also nurture a culture of empathy, responsibility, and healthier emotional connections with animals. In the end, the street dog controversy in Delhi is about more than dogs. It is about how humans cope with attachment and loss, how they regulate their emotions in times of fear, and how society acknowledges, or neglects, the invisible grief that shapes our collective responses.

EXPLORING THE INTERPLAY BETWEEN MASCULINITY AND VIDEO GAMES: AN ANALYSIS



Adarsh Nim, Research Scholar,
Bennett University

Video games have long been influential in shaping how masculinity is perceived both within digital media and among players. Popular titles such as "Call of Duty," "God of War," and "Grand Theft Auto" frequently project traditional masculine archetypes, marked by physicality, emotional restraint, and the use of violence to overcome adversity. These portrayals reinforce social norms where masculinity is equated with power and dominance, often sidelining nuanced or emotionally expressive male roles. Female characters are typically underrepresented or relegated to objectified, passive supporting roles, further entrenching rigid gender roles in gaming narratives.

In online gaming communities, masculinity is further constructed and reinforced through social interaction, competition, and anonymity. Many multiplayer platforms, such as "Valorant," "Counter Strike," and "Overwatch"—become spaces where aggressive language and toxic behaviors flourish and are normalized, especially among young male players.

The absence of physical accountability in these environments, combined with competitive dynamics, leads to increased displays of toxic masculinity, including trash-talking, harassment, and exclusionary practices.

A key factor amplifying these issues is the mask of anonymity provided by digital platforms. Players may adopt virtual personas that differ markedly from their offline selves, encouraging behaviours ranging from verbal abuse to cyberbullying. Research consistently shows that increased anonymity correlates with heightened aggression and reduced social responsibility online. The competitive nature of online games—focused on leadership and ranking, furthers player hostility and the normalisation of toxic behaviours.

The consequences of toxic masculinity in gaming extend beyond the virtual realm. Harassment and bullying negatively affect marginalised groups, especially women, impacting their mental health and deterring participation in gaming communities. Such environments also perpetuate broader societal issues, including gender inequality and the suppression of emotional expression among men.

Addressing these challenges requires fostering more inclusive gaming cultures that move beyond rigid masculine norms. By challenging toxic behaviours and promoting diversity, both developers and players can help redefine masculinity in ways that encourage psychological well-being, inclusivity, and healthier social interactions.



Dr. Ishina Choudhary, Cognitive Behavioural Therapist, Founder at Insight Alchemy

The last decade has brought monumental shifts—technological advancement, the global pandemic, evolving work cultures, climate anxiety, and rapid urbanization. These transformations have deeply affected the human psyche, making psychology more essential than ever.

Mental Health Post-Pandemic

COVID-19 reframed mental health as a collective concern. Anxiety, grief, and isolation surged, while therapy rapidly shifted online. In practice, I observed both rising digital fatigue and a new openness to seeking help. Psychology must now extend beyond treatment to prevention, resilience-building, and systemic advocacy.

Technology and Therapy

Teletherapy, mental health apps, and AI-driven tools have expanded access to care but also raise concerns of privacy, digital dependence, and loss of human touch. Psychology's challenge is to integrate innovation without sacrificing empathy. Future practice will require combining digital literacy with emotional intelligence.

Cultural Shifts and Identity

Younger generations are redefining gender, sexuality, and relationships, often clashing with traditional norms. In therapy, this appears as intergenerational conflict or self-doubt, but it also creates opportunities for growth.

Workplace Mental Health

Hybrid models and burnout epidemics are reshaping work. While organizations increasingly value well-being, mental health must be embedded into culture, not token initiatives. Psychology can guide trauma-informed leadership, mindfulness, and sustainable systems of care.

Community Engagement

Grassroots work remains vital. In Central India, I witnessed how art therapy empowered marginalized girls, showing that healing can thrive outside clinics. Community psychology emphasizes cultural context, trust, and local participation.

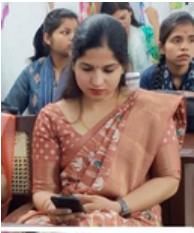
Psychologists as Change Agents

In turbulent times, psychologists must act as healers, educators, and advocates. From climate anxiety to polarization, psychology must be interdisciplinary, inclusive, and adaptive, rooted in ethics and empathy.

Conclusion

Mental well-being is no longer a luxury, it is a human right. As psychology evolves with a changing world, it holds the power to shape a more compassionate, resilient, and hopeful future.

CHANGING FACES: THE REPRESENTATION OF WOMEN IN BOLLYWOOD THROUGH THE EYES OF YOUNG HINDI FILM VIEWERS



Dr Garima Singh, Assistant Professor, Deen Dayal Upadhyay Gorakhpur University.

Bollywood is undergoing a transitional shift from patriarchal storytelling toward more inclusive narratives. The decade from 2010 to 2020 marked both progress and contradictions in the portrayal of women on screen. This study, based on semi-structured interviews with ten young adults (aged 18–24), explored audience perceptions of this evolution using thematic analysis. Findings revealed a widely acknowledged improvement in women's representation.

Participants noted the rise of powerful female leads, diverse storylines centered on women's experiences, and an increasing focus on gender-specific issues. Films in this period presented women as independent, assertive, and central to the narrative, often addressing themes of empowerment, justice, and resistance to stereotypes. Mental health, gender-based injustice, and challenges to colourism and objectification also began to receive greater visibility, reflecting broader social awareness and changing audience expectations.

Yet, progress coexisted with limitations. Despite more empowering portrayals, Bollywood remained influenced by entrenched stereotypes and patriarchal norms.

Mainstream films often reinforced beauty standards, domestic roles, and male-centric plots, restricting the depth of female characters. This tension illustrates that while Bollywood is moving forward, it continues to grapple with traditional cultural expectations. The analysis further underscored cinema's role as a social agent of change. By shaping and reflecting gender ideologies, Bollywood has the potential to both challenge and perpetuate inequality. The decade under review highlights a transitional phase: one where significant strides have been made, but full and equitable representation of women remains incomplete.

In conclusion, Bollywood between 2010 and 2020 represents a critical moment in the reimagining of women on screen, marked by progress, contradictions, and the need for continued transformation. Future research could enrich this discourse by comparing regional cinema or examining portrayals of women post-2020, as Indian media continues to negotiate tradition and change.



PSYCHOLOGY FOR THE CHANGING WORLD

Dr. Girija Shankar Panigrahi,
Associate Professor, Sri Sri
University

The 21st century has ushered in rapid technological advancements, shifting societal norms, and increasing global interconnectedness. In navigating these transformations, psychology plays a vital role in understanding human experience and fostering well-being.

Technology and Human Behavior

While technology has improved access to information and communication, it also brings challenges such as screen addiction, cyberbullying, and declining mental health. Psychology helps us understand these effects and develop strategies to manage them, ensuring technology supports rather than harms well-being.

Evolving Work and Careers

Today's workplace demands adaptability, continuous learning, and resilience. Psychological insights inform career counselling, leadership development, and organizational strategies that enhance employee performance and well-being, making workplaces more supportive and inclusive.

Cultural Competence

In an interconnected world, cultural competence is essential for strong relationships and social cohesion.

Psychology promotes cross-cultural understanding and empathy, helping communities embrace diversity and inclusivity.

Addressing Global Challenges

From climate change to inequality and conflict, psychology contributes to solutions by examining the behavioral roots of these issues. Insights into decision-making and motivation inform interventions that promote sustainability, equity, and peace.

Resilience and Hope

Amid uncertainty, psychology nurtures resilience, the ability not only to recover but also to grow through adversity. Positive psychology emphasizes strengths, gratitude, and optimism, while programs in mindfulness, emotional regulation, and stress management build coping skills in schools, workplaces, and healthcare.

The Future of Psychology

As global challenges intensify, psychology must remain innovative, interdisciplinary, and action-oriented. By integrating psychological principles into personal, professional, and policy domains, societies can foster resilience, inclusivity, and justice.

Conclusion

Psychology is central to addressing the complexities of a rapidly changing world. Its insights guide us in managing digital stress, workplace shifts, climate anxiety, and social injustice, ultimately shaping a more hopeful and sustainable future.

NAOP'S INTERNATIONAL PRESENCE

Dr. Prakash Padakannaya and Dr. Sanjay Kumar, both distinguished members of the National Academy of Psychology (NAOP), India, attended the inaugural BRICS+ Psychology Meeting held in Bali from 21-24 August 2025 and represented NAOP at this landmark event.

Credentials of the Delegates:

Prof. Prakash Padakannaya

- Professor | School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore
- Fellow, Association of Psychological Science (USA)
- Fellow, National Academy of Psychology (India)
- Managing Editor, Journal of Cultural Cognitive Science

Prof. Sanjay Kumar

- Department of Psychology, University of Allahabad
- Secretary-General, National Academy of Psychology (India)

BRICS+ Psychology Meeting Participation

Both Prof. Padakannaya and Prof. Kumar played key roles as delegates from India, actively engaging in discussions and collaborative resolutions at the BRICS+ Psychology Meeting in Bali. Their participation reinforced NAOP's presence in international forums and contributed to strengthening scientific exchanges and fostering collaboration among BRICS+ nations in the field of psychology.



REPORT OF 34TH ANNUAL CONVENTION OF THE NATIONAL ACADEMY OF PSYCHOLOGY (NAOP)

The Department of Psychology, CHRIST (Deemed to be University), Delhi NCR, hosted the 34th Annual Convention of the National Academy of Psychology (NAOP) from February 17–20, 2025, on the theme

**"Contemporary Patterns and Future Trajectories in Psychological Sciences:
Advancing from Interdisciplinarity to Transdisciplinarity."**

The convention brought together nearly 900 participants, serving as a vibrant platform for interdisciplinary dialogue, research presentations, and collaboration.

Pre-Conference Workshops & Panels

On February 17, eight pre-conference workshops engaged 150 participants with hands-on training, led by scholars such as Prof. Damodar Suar (IIT Kharagpur), Prof. Rohit Dwivedi (IIM Shillong), Prof. Minati Panda (JNU), and Dr. Shivani Nag (Ambedkar University Delhi). Interdisciplinary panels by Dr. Anuradha Choudry (IIT Kharagpur), Prof. Kiran Kumar Salgame (CHRIST), Prof. Derik Lindquist (O.P. Jindal Global University), Prof. Romana Siddiqui (AMU), and Prof. Supriya Ray (Ashoka University) enriched discussions further.

Conference Highlights

From February 18–20, the main conference welcomed 700+ participants, including 413 in scientific sessions and 300 poster presenters. Keynote and invited addresses were delivered by eminent scholars including Prof. Manas K. Mandal, Prof. Janak Pandey, Prof. R.C. Tripathi, Prof. Prakash K. Paddikanya, Prof. Fr. Viju P.D, Prof. Narayanan Srinivasan, Prof. Braj Bhushan, Prof. Ravi Priya, Prof. Thomas Teo, Prof. Arvind Misra, and Dr. Angomcha Bimol Akoijam. Thought-provoking talks by Prof. Minati Panda and Prof. Nandita Chaudhary, and a panel led by Prof. Jitendra Kumar (DIPR), highlighted both academic and applied dimensions of psychology.

Scientific Program

The academic program featured 10 Panel Discussions, 14 Symposiums, 13 Invited Talks, and 27 Thematic Areas spanning Behavioral Neuroscience, Military Psychology, Indian Thought Traditions, Mental Health, and Technology in Healthcare. A special NAOP symposium convened by Dr. Tushar Singh with Prof. Janak Pandey and Prof. R.C. Tripathi reflected on the evolution of Indian psychology. Sessions addressed pressing issues including stigma, trauma, workplace suicides, indigenous knowledge, digital parenting, and violence against women.

Special Events & Awards

Roundtable sessions with Dr. Shirley Telles and Prof. Jyoti Verma offered in-depth exchanges on contemporary challenges. The Cultural Evening and Gala Dinner encouraged networking and collaborations.

Excellence was recognized through prestigious awards:

- M.B. Sharan Award – Dr. Juhi Srivastava
- Prof. D. Sinha Award – Dr. Pallavi Ramnathan
- Emerging Psychologists Programme – Dr. Mehreen Fatirma, Dr. Akansha Chaurasiya, Dr. Nishtha Jain and Dr. Sucharita Maji
- NAOP Best Paper Award – Dr. Madhura Bapat

Conclusion

The 34th NAOP Convention showcased the dynamism of psychological sciences in India and charted future pathways for transdisciplinary research and collaboration.





PLT CONFERENCE 2025, BENNETT UNIVERSITY

The **International Conference on Psychology of Local Traditions: Exploring the Confluence of Culture, Context and Community Wellbeing** was held at Bennett University, Greater Noida, on April 3 and 4, 2025, drawing scholars, educators, and mental health professionals from diverse institutions. Organised by Dr. Shalini Mittal (NAOP Representative) from the School of Liberal Arts, Bennett University the conference focused on how local traditions, rituals, and indigenous knowledge systems shape psychological theory, practice, and community wellbeing. It critically examined Western psychological paradigms, highlighting culturally grounded alternatives rooted in Indian and global indigenous traditions.

The event began with traditional ceremonies, inaugural lectures, and keynote addresses by eminent experts including Prof. Purnima Singh (IIT Delhi), Prof. Jitendra Singh (DRDO), and speakers from Canada, Spain, and Jindal School of Psychology. Keynotes explored topics such as ritual and resilience, master narratives and collective identity, neuroscientific perspectives on cultural traditions, and therapeutic evolution from Freudian to systemic approaches.

Two days featured rich academic sessions with 25 paper presentations and 5 posters, offering empirical and conceptual insights into traditional healing, adolescent mental health, spiritual coping, family rituals, and cultural narratives. School students and young scholars contributed creative work through poster sessions, emphasizing trauma-informed education and culturally embedded mental health promotion. Expert talks examined topics such as diasporic resilience, tradition-innovation in interventions, narrative and locality, and the integration of ancient Indian knowledge into modern frameworks.

A vibrant cultural performance celebrated India's heritage and psychological resilience through expressive arts. The conference concluded with certificate distribution, closing remarks, and a vote of thanks, underscoring its commitment to inclusive, culturally contextual mental health frameworks. The event fostered networking and reflection, leaving participants inspired to reimagine psychology rooted in local traditions, community engagement, and interdisciplinary dialogue.

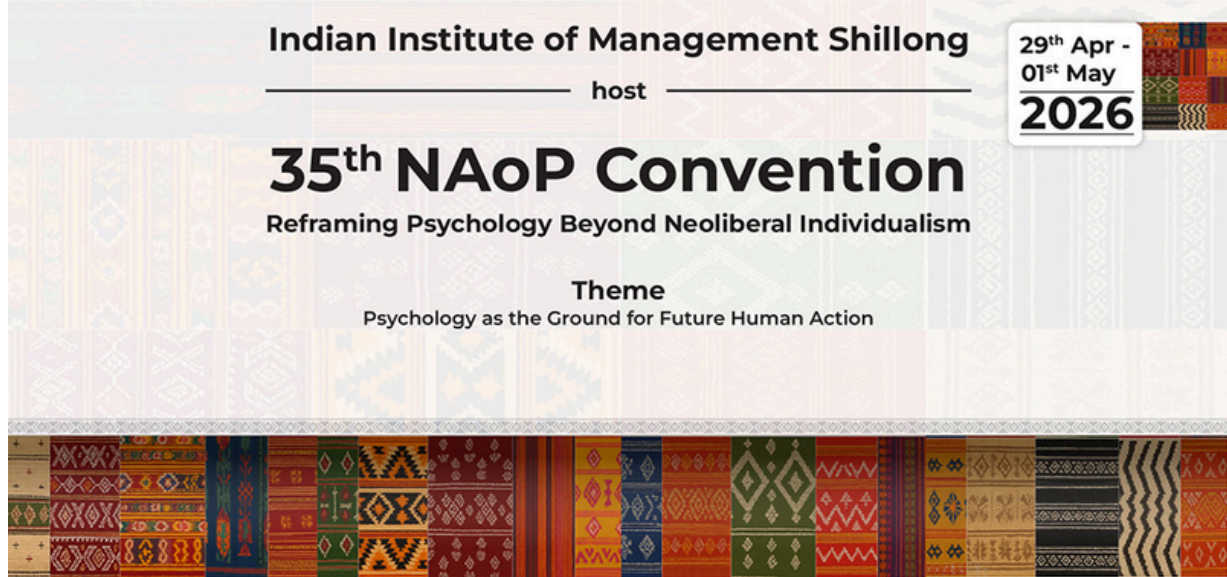
NEW ACADEMIC HORIZONS

The Post Graduate Diploma in Music Therapy at Mahatma Gandhi Kashi Vidyapith (MGKVP), Varanasi, has started from the academic session 2024–25. The course is offered by the Music Therapy Lab/Cell and Research Centre, Department of Psychology in a hybrid/blended mode, following University Grants Commission (UGC) guidelines, with about 70% of the course online and 30% in internship/fieldwork. Coordinated by Dr. Durgesh K. Upadhyay, this diploma aims to develop skills in music therapy for professionals in health, music, and psychology fields. Graduates in psychology, music, medical, and health-related fields are eligible for admission. This is the first such course in the state and focuses on using music as a therapeutic modality for mental and emotional problems, emphasizing its effectiveness, affordability, accessibility, and lack of side effects. A panel of 8 Professionals specialized in varied fields of medical sciences, psychology and music. First batch comprised of clinical psychologists, child psychologists, musicians, medical professionals etc. have successfully completed this programme.



In the wake of rising concerns over emotional distress and incidence of violence linked to toxic relationships among youth, Delhi University is introducing a unique psychology elective titled "**Negotiating Intimate Relationships**", for undergraduates in all disciplines from the 2025–26 academic session. The course will address topics like heartbreak, friendship dynamics, jealousy, emotional boundaries, and interactions on dating platforms such as Tinder, encouraging students to develop healthier interpersonal skills.





UPCOMING NAOP CONFERENCE

Dear Colleagues / Scholars / Practitioners,

I hope this finds you well. I am writing to invite your valuable contribution to the 35th National Academy of Psychology Convention (NAoP 2026) hosted by IIM Shillong, to be held on 29 April – 1 May 2026.

In an era of accelerating change, uncertainty, and complexity, organizations, institutions, and societies face a pressing need: to evolve not just technologically, but humanely.

- Psychology is not merely a discipline of individual minds and behavior — it is foundational to how we manage ourselves, relate to others, organize, and build institutions.
- The way people think, feel, connect, decide, and evolve underpins how we lead, govern, teach, heal, and transform.
- As AI-algorithmic systems, global pressures, and sociocultural shifts accelerate, we need a psychology that is plural, compassionate, contextual, and forward-looking — one that can help us reimagine the kind of relationships, institutions, and societies we wish to build.

With the theme ***“Reframing Psychology Beyond Neoliberal Individualism”***, this convention seeks to move beyond the individual-centric models, and reignite an understanding of psychology as intrinsically relational, contextual, and socially grounded. This space is particularly relevant for those interested in how psychological insights can inform management, leadership, institutions, policy, and collective well-being. Indeed, we believe that psychology should be a partner to all Human Action – helping us navigate human complexity, build trust, foster purpose, and sustain humane institutions.

We invite proposals in formats including papers, symposiums, panel discussions, workshops, and reflective essays that engage with the intersections of psychology, human relationships, and collective life.

Possible thematic areas (not exhaustive) include:

- Ethical, philosophical, and indigenous foundations of care & compassion
- Mind, cognition, and technology in evolving futures
- Social identity, community, and collective well-being
- Organizational/Institutional psychology: culture, governance, leadership
- Psychology & policy, public systems, and social transformation
- Ecological psychology and environmental consciousness
- Education, pedagogy, and human development framed through psychological lenses
- Indian and Indigenous Psychology & Management Theories and Practices

Your contributions might be empirical studies, conceptual or theoretical explorations, case studies, or practice-based reflections that push the boundaries of how we think about psychology, people, and societies.

Key Dates & Submission Info

- Submission opens: 1 October 2025 IIM
- Submission deadline: 30 November 2025 IIM
- Communication of acceptance: 31 January 2026 IIM
- Format guidelines & review process: See details on the conference portal (full papers 4,000–6,000 words; abstracts, symposium proposals, etc.) IIM

Please visit the official page for more details and guidelines: IIM Shillong – NAO P 2026: Conferences-NAOP – IIM

**Convener**

Rohit Dwivedi,

Professor Organisational Behaviour & Human Resources,
IIM Shillong

3RD REGIONAL CONFERENCE OF NAOP IN COLLABORATION WITH DR. HARISINGH GOUR VISHWAVIDYALAYA, SAGAR



Theme: *Man-Making to Nation-Building: Psychological Sciences for Sustainable Health and Well-Being for Viksit Bharat @2047*

Dates: 6–7 November 2025

Venue: Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya, Sagar (M.P.)

The National Academy of Psychology (NAOP), in collaboration with the Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya, is proud to announce its **3rd Regional Conference**. This landmark event will also feature the **1st International Conference** at the host university, bringing together psychologists, researchers, practitioners, and students to deliberate on the role of psychology in shaping sustainable health and national well-being.

Tracks & Sub-Themes

- *Indigenous Wisdom, Culture, and Community Well-Being*
- *Positive, Resilient, and Flourishing India*
- *Technology, Policy, and Future Readiness*
- *Brain, Mind, and Clinical Excellence*

Important Dates

- Abstract submission opens: 10 September 2025
- Early bird submission deadline: 30 September 2025
- Final abstract submission deadline: 1 October 2025
- Notification of acceptance: 5 October 2025
- Pre-conference workshops: 5 November 2025

We warmly invite members of NAOP and the wider psychological community to contribute to this exciting event and help envision the role of psychology in building a healthier and more resilient India by 2047.

For abstract submission and any query, contact –
naop.dhsgsu2025@gmail.com

OTHER UPCOMING PSYCHOLOGY CONFERENCES

Creating a good impact report means being transparent with your audience. Back up your claims with relevant data. Keep your sentences concise when necessary, but dive into detail when it comes to qualitative and quantitative evidence.

1

**5th to 7th February, 2025,
Department of Psychology – Banaras
Hindu University**

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

2

**12th – 13th December 2025, The
Music Therapy Lab, Mahatma
Gandhi Kashi Vidyapith,
Varanasi**

1st Annual Conference of Music
Therapy (Hybrid)

3

**February 2026, Chicago,
USA**

Society for Personality and Social
Psychology (SPSP) Annual
Conference

4

**May 2026, Barcelona,
Spain**

Association for Psychological
Science (APS) Annual Convention

5

July 2026, Florence, Italy

31st International Congress of
Applied Psychology (ICAP)

6

**November 2026 onward,
Global**

American Psychological Association
(APA) Annual Conventions and other
society meetings

OTHER UPCOMING PSYCHOLOGY CONFERENCES

7

September 2025, Oxford & Milton Keynes, UK – your inspiring goal

British Psychological Society (BPS)
Section Conferences in Social Psychology and Psychology of Education

8

November 2025, Philadelphia, USA

Society for the Scientific Study of Sexuality (SSSS) Annual Meeting

9

30th & 31st October 2025, Department of Psychology, Keshav Mahavidyalaya, University of Delhi

International Conference on Integrative Perspectives in Mental Health and Well-being

10

2nd – 4th December 2025, Department of Psychiatry and Geriatric Medicine, AIIMS,

1st National Conference on Psycho-Gerontology

9

11th – 13th December 2025, Rajasthan International Center, Jaipu

10th International Conference of Indian Academy of Health Psychology

10

7th – 9th January, 2026, Montfort College & Institute of Advanced Studies, Bengaluru

6th International Conference on Counseling and Psychotherapy

KEY UPDATE: UGC BANS ONLINE DELIVERY OF PSYCHOLOGY & ALLIED HEALTH COURSES



What Changed?

In **August 2025**, the **University Grants Commission (UGC)** issued a sweeping directive:

- **All psychology courses**, as well as other **healthcare and allied programs**, including nutrition, microbiology, biotechnology, clinical nutrition, dietetics, and related fields, **can no longer be offered via online or Open & Distance Learning (ODL) modes**.
- This restriction comes into effect from the **July–August 2025 academic session**.
- Any recently granted recognition for these programs in ODL or online formats is being **withdrawn immediately**.

Why the Ban?

UGC's concern is rooted in academic integrity and professional competency, **psychology and allied health programs require hands-on training, clinical exposure, laboratories, and practical supervision**, which cannot be sufficiently provided via remote modes.

Impact in Real Terms

Madras University responded swiftly: admissions to its **BSc Psychology, MSc Psychology, and MSc Counselling Psychology (distance mode)** programs have been **halted for the 2025–26 academic year**. Already enrolled students (around 400) are awaiting clarity; they may be offered refunds or shifted to alternative courses depending on UGC's direction.

Key Updates (Cont...)

Mental Health Counselling in Karnataka Schools

- The Karnataka Department of School Education has announced a plan to deploy mental health counsellors across schools starting this academic year. Counsellors will be sourced from NGO partners or postgraduate psychology students.
- They will rotate among schools, providing counselling services to students from grade 6 onwards. Primary school teachers will receive training to offer basic emotional support to younger students.
- The initiative is a response to rising student suicides and growing calls for mental health inclusion in education.
- The program will be funded under Samagra Shikshana Karnataka.

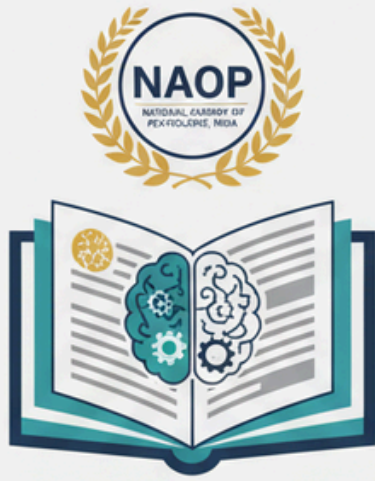
CBSE-AIIMS Virtual Mental Health Series

- The Central Board of Secondary Education (CBSE) and AIIMS recently conducted a Virtual Mental Health Series for schools from October 4 to 10, 2025.
- Sessions targeted psychological well-being, resilience, and mental health awareness, broadcast live for principals, teachers, parents, and students, led by experts like Dr. M. Srinivas (AIIMS Director) and Dr. Pratap Sharan.
- The series culminated on World Mental Health Day with a session on digital resilience.

Indian Psychiatrists Recognised Globally

- Fifteen psychiatrists, doctors, and scientists from India are listed in Stanford University's 2025 list of the world's top 2% of scientists for their research and clinical contributions in psychiatry.





CALL FOR APPLICATIONS

Advanced Research Training Seminars (ARTS) 2025–26



The National Academy of Psychology (NAOP), India, invites applications for the **Advanced Research Training Seminars (ARTS) 2025–26**. These capacity-building programs aim to strengthen teaching, research, and applied practices in psychology, thereby advancing scientific understanding and improving quality of life.

Eligibility: Faculty in psychology or related disciplines with the capacity to host ARTS.

Deadline: October 31, 2025

Number of ARTS Programs: Two will be selected this year.

Send proposals to:

Prof. Shagufa Kapadia, Ph.D.

Coordinator, NAOP ARTS Committee

Email: shagufa@gmail.com

For more information:

Prof. Tushar Singh, President, NAOP

Email: president@naopindia.org

JOIN NAOP



Message from the Treasurer

Dear Colleague,

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 Organizational 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

Who can become a member?

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 2024–25.
- 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



NAOP Bulletin 2025



*The future of psychology lies in its powerful divides—
—within the self, and across society.*