

Notice for the PhD Viva Voce Examination

Ms Chhavi Singh (Registration Number: 1981010), PhD Scholar at the Department of Psychology, CHRIST (Deemed to be University), Delhi NCR Off-Campus, will defend her PhD thesis at the public viva-voce examination on Friday, 28 March 2025 at 02.30 pm in the Conference Room, Block-B, CHRIST (Deemed to be University), Delhi NCR Off-Campus, Ghaziabad, Uttar Pradesh, 201003, India.

Title of the Thesis : **Mandala Coloring: Effectiveness of Arts-Based Program on Children with ADHD Symptoms**

Discipline : **Psychology**

External Examiner - I : **Dr Tushar Singh**
Professor
Department of Psychology
Banaras Hindu University
Varanasi, Uttar Pradesh
Uttar Pradesh - 221005

External Examiner - II : **Dr Pooja V Anand**
Professor
Department of Psychology
Daulat Ram College
University of Delhi
New Delhi - 1100099

Supervisor : **Dr Surekha C**
Professor
School of Psychological Sciences
CHRIST (Deemed to be University),
Bengaluru, Karnataka-560029

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Place: Bengaluru
Date: 14 March 2025



Registrar (Academics)

ABSTRACT

Children with attention issues often struggle academically, facing challenges in concentration that affect their ability to study and may disrupt social interactions. ADHD symptoms can lead to difficulties in executive functioning, impacting working memory, inhibitory control, and cognitive flexibility. Despite these challenges, therapeutic options for ADHD are limited. The researcher conducted a prospective study involving 120 children aged 6-10 who exhibited ADHD symptoms. These children participated in a Mandala Coloring intervention designed by the researcher based on developmental principles, which lasted for ten weeks. Pre- and post-test comparisons between the intervention and control groups were made to assess executive functioning and emotional and motivational self-regulation (EMSR). Results showed that baseline characteristics and demographic data were comparable between the two groups. Post-test assessments revealed significant enhancements in attention span and all aspects of executive functioning among participants in the intervention group. However, there were no significant improvements in emotional and motivational self-regulation. The study suggests implications for training teachers and parents in implementing the intervention, advocating for integrating the workbook into school curricula as a preventive measure.

Keywords: *ADHD symptoms, Mandala Coloring, executive functioning, emotional and motivational self-regulation*

Publications:

1. **Singh C**, Chukkali S, & Krishna J. (2023). Efficacy of Mandala Coloring Intervention on Executive Functioning and Emotional & Motivational Self-regulation Among Children with Symptoms of Attention Deficit Hyperactivity Disorder. *Cureus*. 15(10): doi: e46919. doi:10.7759/cureus.46919. (WOS).
2. **Singh C**, Chukkali S, & Pandey P. (2023). Mandala Coloring for Children with Symptoms of Attention Deficit Hyperactivity Disorder- A Case Series. *Community Practitioner*. 20(11), 9-15. doi: 10.5281/zenodo.10065957 (SCOPUS)