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Notice for the PhD Viva Voce Examination

Ms A Kulandaiammal, Registration Number: 2071027, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Tuesday, 24 February 2026 at 10.00 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

- Title of the Thesis** : **Effectiveness of Mindfulness-Based Strength Practice on Flourishing, Mindfulness Character Strengths, and Psychological Distress among Rural Women Undergraduate**
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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: 13 February 2026


Registrar

ABSTRACT

The increasing need for mental health support for college students highlights the effectiveness of positive psychological interventions (PPIs) as cost-effective measures to enhance students' flourishing and positive functioning in academic settings. However, the literature on positive psychological applications in India remains limited. This study implemented an eight-week Mindfulness-Based Strengths Practice (MBSP), a positive psychology-based mindfulness intervention to promote positive mental health among undergraduates, focusing particularly on women from rural backgrounds. Using a mixed-methods approach, this study provides a comprehensive understanding of the intervention's impact. The study involved 162 rural women undergraduates (mean age 18.55); 80 volunteered for the intervention group, and 82 were in the control group. Participants completed pre-test (n=162), post-test (n=148), and three-month follow-up (n=144) assessments. The measures included five facets of mindfulness, psychological distress, VIA character strengths, and PERMA flourishing. Quantitative analysis using MANOVA and repeated measures ANOVA revealed significant improvements in mindfulness, PERMA flourishing, character strengths, and a reduction in psychological distress, with moderate effect sizes. However, factors such as the non-reactivity facet of mindfulness, courage strengths, and flourishing aspects like engagement, loneliness, and health did not show significant changes immediately after the intervention. Some positive effects persisted at the three-month follow-up. Post-intervention focus group interviews with twenty MBSP participants, conducted in three groups, explored the experiences of rural women undergraduates practicing mindfulness and character strengths. Thematic analysis identified four main themes: emotional well-being and coping, relationship enhancements, self-growth and personal development, and perceived course experience. Participants valued the program and recommended its application for college students. Qualitative findings highlighted enhanced well-being and positive course experiences, complementing the quantitative results. Triangulating these results provided a holistic understanding of the intervention's impact, demonstrating its potential to foster positive outcomes in both individual and interpersonal domains. This study is the first controlled investigation of MBSP among the Indian population, contributing to the MBSP literature from an eastern context. The findings underscore the significance of integrating mindfulness and character strengths practices in promoting well-being among college students, promoting women's positive development, and supporting the growing body of Indian positive psychological literature.

Keywords: *rural women undergraduates, mindfulness-based strengths practice, character strengths, positive psychological interventions, college students, mental health*

Publications

1. **Kulandaiammal, R., & Alafia, J. (2023).** A Pilot and Cultural Validation Study on Mindfulness-based Strengths Practice (MBSP) in Enhancing Well-being among Indian Undergraduate Students. *Indian Journal of Positive Psychology, 14*(3), 301–308.
2. **Kulandaiammal, R., Hebert, H. S., Alafia, J., & Neelakantan, M. (2024).** Mindfulness-based strengths practice: a conceptual framework and empirical review of the literature. *International Journal of Mental Health, 1–36*. <https://doi.org/10.1080/00207411.2024.2348763>
3. **Kulandaiammal, R., & Neelakantan, M. (2024).** Character strengths interventions in higher education students: A literature review. *Hellenic Journal of Psychology, 21*, 67–97. <https://doi.org/https://doi.org/10.26262/hjp.v21i1.9891>
4. **Kulandaiammal, R., & Neelakantan, M. (2024).** Effects of Mindfulness-Based Strengths Practice (MBSP) Among Women Undergraduates in Enhancing Positive Mental Health. *British Journal of Guidance & Counselling, 1–23*. <https://doi.org/10.1080/03069885.2024.2429396>
5. **Kulandaiammal, R., Neelakantan, M, & Sophia, R. D. (2025).** Significance of Nurturing PERMA Flourishing in Higher Education: an Integrative Review. *Hellenic Journal of Psychology, 22* (1), 53-82. <https://doi.org/10.26262/hjp.v22i1.10288>