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Notice for the PhD Viva Voce Examination

Ms Tresa Mary M J, Registration Number: 1951076, 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, 07 April 2026 at 02.00 pm in Room No. 628, 6th Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

- Title of the Thesis** : **Buddhism Based Wellbeing Counselling Model for Young Married Couples: Exploring the Multi-Dimensional Wellbeing Components**
- Discipline** : **Psychology**
- External Examiner - I** : **Dr K N Jayakumar**
Associate Professor
Department of Psychology
Periyar University
Salem- 636011
Tamil Nadu
- External Examiner - II** : **Dr Miyuki Matsumoto**
Associate Professor
Graduate School of Informatics
Nagoya University
Furo-cho, Chikusa-ku
Nagoya - 464-8601
Japan
- Supervisor** : **Dr Baiju Gopal**
Professor
School of Psychological Sciences
CHRIST (Deemed to be University)
Bengaluru - 560029
Karnataka

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: 27 March 2026


Registrar (Academics)

ABSTRACT

Amidst the evolving and demanding context of the modern world, sustaining well-being within intimate relationships is becoming increasingly challenging. This study aims to address this issue by developing an inclusive well-being program rooted in Buddhist wisdom to enhance young married couples' physical, mental and relational health. The study unfolds by employing embedded design within the broad mixed-method approach. Through various identification channels in Bangalore, sixteen participants (eight young married couples) were recruited using a purposive sample strategy.

A meticulously designed 21-session intervention program based on *trīśikṣā* training was devised and executed, complemented by pre- and post-intervention assessments alongside evaluations of each session. The data collected from this systematic assessment process were analysed using a within-subject change model and reflexive thematic analysis. The results indicate that the interventions have significantly improved well-being indicators such as physical, mental, and relational health, along with inclusive well-being components like *prajñā* (existential wisdom) and *bodhicitta* (altruism) among the participants post-intervention. These findings suggested that Buddhist wisdom offered a therapeutic avenue, allowing couples to access their inner reservoir of wisdom and altruism, thereby enhancing their overall well-being.

Keywords: well-being, couples, marriage, Buddhism, relationship, contemplative practices

Publications:

1. **Mary, T., & Gopal, B. (2025).** From dharma to dialogue: A scoping review of couple interventions based on buddhist wisdom. *Contemporary Family Therapy*, 47, 354-380. <https://doi.org/10.1007/s10591-024-09726-8>
2. **Mary, T., Gopal, B., & Sebastian, J. (2025).** Beyond the Surface, Delving into duḥkha: Buddhist Insights into the Lives of Married Women in a South Indian Metropolis. *Journal of religion and health*, 10.1007/s10943-025-02309-3. Advance online publication. <https://doi.org/10.1007/s10943-025-02309-3>