

Notice for the PhD Viva Voce Examination

Ms Shweta Ahirwar, Registration Number: 1981024, 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 Thursday, 14 May 2026 at 11.00 am in Seminar Hall, B Block, Second Floor, CHRIST (Deemed to be University), Delhi NCR Off-Campus, Ghaziabad - 201003, Uttar Pradesh, India.

Title of the Thesis	:	Effectiveness of Identity Processes and Authenticity-Based Intervention to Enhance Grit and Psychological Well-Being among Adolescents
Discipline	:	Psychology
External Examiner - I	:	Dr Das Ambika Bharti Associate Professor Department of Psychological Sciences Central University of South Bihar Gaya, Bihar - 824236
External Examiner - II	:	Dr Navin Kumar Professor Department of Psychology Dr Bhim Rao Ambedkar College University of Delhi Delhi - 110093
Supervisor	:	Dr Kritika Rastogi Associate Professor (Former) School of Psychological Sciences CHRIST (Deemed to be University) Delhi NCR Off-Campus Ghaziabad - 201003, Uttar Pradesh
Co - Supervisor	:	Dr Ridhima Shukla Associate Professor (Former) School of Psychological Sciences CHRIST (Deemed to be University) Delhi NCR Off-Campus Ghaziabad - 201003, Uttar Pradesh

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: 30 April 2026



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ABSTRACT

This research explores the effectiveness of identity processes and authenticity-based intervention on adolescents' grit and psychological well-being. The study, conducted with a sample of adolescents, seeks to enrich our understanding of the multifaceted nature of their developmental experiences. Adolescence is depicted as the ideal period of development for crucial life skills for future success. Engaging in an effective identity process and having an authentic sense of self could increase grit and psychological well-being. Adolescents with a higher sense of grit are more successful than those with a poor grit level. Grit and psychological well-being are malleable variables that can be enhanced through proper and effective training. The present study, therefore, aims to ascertain the impact of intervention on grit and psychological well-being among adolescents. The present research employs a quasi-experimental research design. Data was collected on 937 adolescents selected purposely from different schools in Delhi NCR. The 89 adolescents who were found to be low on grit and psychological well-being were further divided into experimental and control groups. The age range of the respondents was 15 to 17 years. The 21-day intervention was administered to the experimental group. Pre- and post-assessment were done for the variables, and the data was analyzed using repeated measures ANOVA through SPSS. Results indicate that the intervention is effective, as indicated by significant differences among means for pre-post and follow-up data across experimental and control groups. By addressing the objectives of this research, valuable insights may be received by educators, mental health professionals, and policymakers to better support and enhance the grit and psychological well-being of adolescents through having enhanced grit and a stable sense of identity processes.

Keywords: *Identity Processes, Authenticity, Grit, Psychological, Intervention, Adolescents*

Publications:

1. **Ahirwar, S., Shukla, R. & Panwar, N.** (2024) Grit and Psychological Well-Being: Exploring the Mediating Role of Authenticity. *Indian Journal of Psychological Science, IJPS-Volume-18 (1), January 2024 (pp-065-76), ISSN 0976 9218.*
2. **Ahirwar, S. & Shukla, R.** (2024) Looking at Psychological Well-Being through the Lens of Identity among Adolescent Girls: An Exploration, *Youth Voice Journal, ISSN (online): 2056-2969.*



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CU:BCC:OR:CFR:PhD:05/26
12 May 2026

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Corrigendum Notice

PhD Viva Voce Examination

PhD Viva Voce Examination of Ms Shweta Ahirwar, Registration Number: 1981024, PhD Scholar in Psychology, communicated vide Notification dated 30th April, is rescheduled for Thursday, 21 May 2026 at 12.30 pm, in Seminar Hall, B Block, Second Floor, CHRIST (Deemed to be University), Delhi NCR Off-Campus, Ghaziabad - 201003, Uttar Pradesh.

All other details remain unchanged.

For CHRIST (Deemed to be University),

(Dr Anil Joseph Pinto)
Registrar

Registrar

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