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Notice for the PhD Viva Voce Examination

Ms Sumon Antony, Registration Number: 2071026, 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 Wednesday, 28 October 2026, at 11.00 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 Interventions on Trait Mindfulness, Emotion Regulation and Psychological Well-Being of College Students**
Discipline	:	**Psychology**
External Examiner - I	:	**Dr Annalakshmi Narayanan** Professor and Head Department of Psychology Bharathiar University Coimbatore - 641046 Tamil Nadu
External Examiner - II	:	**Dr Satishchandra Kumar** Professor Department of Applied Psychology and Counselling Center University of Mumbai Vidyanagari, Santacruz East Mumbai - 400098 Maharashtra
Supervisor	:	**Dr Meera S Neelakantan** Assistant 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.

Registrar (Academics)

Place: Bengaluru
Date: 12 October 2026

ABSTRACT

The study evaluated how successfully a mindfulness-based intervention in enhancing college bound students' traits mindfulness, emotional control and psychological well-being. Recognizing the psychological challenges during the transition to adulthood, the study evaluated whether systematic mindfulness training could serve as a promotive mental health strategy. Participants were full-time college students who freely enrolled in the program using a quasi-experimental design with an experimental and a wait list control group. The variables were evaluated both before and after the intervention using a standardized tool, specifically Ryff's psychological well-being scales, the emotion regulation questionnaire and also mindful attention awareness scale. The intervention consisted of a tailored mindfulness- based program conducted over eight weeks with eleven structured sessions, including guided practices, awareness exercises, reflective activities, and home assignments aimed to cultivate attentive engagement. The results showed significant improvements in trait mindfulness, emotion regulation, and also psychological well-being among the experimental group when compared to the waitlist control group. The findings indicate that practicing mindfulness improves awareness, supports adaptive emotional regulation and also advances psychological functioning in general. In conclusion, the study provides empirical support for mindfulness-based interventions as an effective approach for promoting holistic mental health among college students.

Keywords: Mindfulness, Mindfulness-based intervention, emotion regulation, well-being.

Publications:

1. **Antony, S.**, Neelakantan, M.S. Exploring the effectiveness of mindfulness-based intervention among college students in India. Curr Psychol 44, 8232–8244 (2025). https://doi.org/10.1007/s12144-024-07148-1
2. **Antony, S** & Neelakantan, M.S (2024). Mindfulness based Interventions for the College Students in India (Patent No: 202441040961) Chennai Patent Office https://search.ipindia.gov.in/IPOJournal/Journal/Patent