

**CHRIST**(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

Notice for the PhD Viva Voce Examination

Mr Abhishek Karishiddimath, Registration Number: 2290042, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend his PhD thesis at the public viva-voce examination on Monday, 29 June 2026 at 02.00 pm in Room No. 05, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

- Title of the Thesis** : **A Multidimensional Well-Being Intervention for MSME Workers in Assam: A Sequential Explanatory Mixed Methods Study**
- Discipline** : **Psychology**
- External Examiner - I** : **Dr T Lavanya**
Professor
Department of Psychology
University of Madras
Navalar Nagar, Chepauk, Triplicane
Chennai - 600005
Tamil Nadu
- External Examiner - II** : **Dr Bal Nagorao Rakshase**
Professor
Tata Institute of Social Sciences - Tuljapur Campus
Tata Institute Of Social Sciences
Apsinga Road, Near Vridhyashram
Tuljapur - 413601
Maharashtra
- Supervisor** : **Dr Priyadarshini M S**
Associate 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: 22 June 2026

ABSTRACT

This study examined the impact of a culturally informed, multidimensional well-being intervention among MSME factory workers in Assam, India, using a sequential exploratory mixed-methods design. The study included formative research and pilot testing (n=8), a pre-test/post-test control group experiment (intervention n=36; control n=35), and a post-intervention qualitative phase (n=8). Quantitative findings showed significant improvements across all domains, including reductions in psychological distress and musculoskeletal pain, and increases in perceived social support and mental well-being, with large effect sizes. Qualitative findings from Focus Group Discussions corroborated these results, with participants reporting reduced physical discomfort, improved emotional regulation, better interpersonal relationships, and positive engagement with culturally familiar practices. The intervention combined yoga-based techniques with Jacobson's Progressive Muscular Relaxation (JPMR) and was delivered in Hindi to enhance cultural relevance and accessibility. Participants highlighted the simplicity, familiarity, and holistic nature of the practices. Emerging themes such as enhanced social cohesion and emotional awareness provided deeper insights beyond quantitative measures. Overall, the findings support the effectiveness, cultural acceptability, and feasibility of integrating indigenous and evidence-based approaches to improve worker well-being in high-stress, resource-constrained settings.

Keywords: worker well-being, yoga-based intervention, psychosocial intervention, mixed-methods research, small and medium enterprises, cultural adaptation, Assam, India

Publications:

1. **Karishiddimath, A., & Moharkonda, P. (2025).** Evaluating the impact of a multidimensional well-being intervention for micro, small-, and medium-sized enterprise workers in Assam, India: A single-group feasibility study. *Multidisciplinary Science Journal*, 8(2), 2026035. <https://doi.org/10.31893/multiscience.2026035>
2. **Karishiddimath, A., & Moharkonda, P. (2025).** Development of an integrated well-being programme for micro, small-, and medium-sized enterprise workers in India: A technical note. *Multidisciplinary Science Journal*, 8(1), 2026043. <https://doi.org/10.31893/multiscience.2026043>