

10th International Conference on
"Emotional Intelligence and Management of Human Resources, Information Technology,
Cooperatives and Positive Mental Health for World Peace in the Pandemic-affected Era"

Jointly Organized by

World Without Anger (WWA) (Regd.), Nepal and Global Peace Foundation
(GPF) Nepal, In Partnership with EQ4Peace Worldwide, Inc., USA

Co-organized by

Kathmandu Business College, Banasthali, Kathmandu, Nepal



**Kathmandu
Business Campus**
(Affiliated to Tribhuvan University)

Abstract Book

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Balaju, Banashthali, Kathmandu, Nepal

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Preface

The WWA 10th International Conference discusses emotional intelligence and positive psychology research as it relates to the optimistic self, well-being, happiness, creativity, and giftedness. Emotional intelligence is the result of clinical psychology's emerging field in the twenty-first century. It is based on the experiences of some professors in personality theories, cross-cultural learning, self-esteem, and cognitive therapy. People's self-esteem motivated them to excel in the many contexts of emotional intelligence. This is a combination of numerous fields, including education, gender studies, linguistics, transformational leadership, neoliberalism, and meditation, with the goal of providing therapeutic counseling to children.

The international scholars and professors are contributing their strong support from different universities/ countries such as Australia, Bangladesh, India, Kosovo (central Europe), Malaysia, Nepal, Romania, Thailand, Kongo United Kingdom, and the United States of America . I trust that next year we will again receive many papers from scholars from these and even more countries.

The World Without Anger International Journal is the official journal of World Without Anger (WWA), a non-profit organization dedicated to promoting peace. This collection of peer-reviewed articles was developed out of presentations made at international WWA conferences.

The papers show different views from around the world on issues related to peace. Some of the topics are how people think about anger, how to manage, and work with others, how organizations work, Buddhism, peace education, mental health, religious, emotional intelligence, gender issues, marketing, information technology, psychology, ethnicity, cross-cultural issues, finances, and other new issues in psychology. The authors' backgrounds in psychology, business, education, and other fields give these papers about good and fair social circumstances a rich, multidisciplinary view.

Since 2010, World Without Anger has published the WWA International Journal. The ultimate goal of this conference is to spread peace and harmony throughout the world. We thank all of the attendees, colleagues, scholars, and professors for their participation and suggestions.

Editors



NEPAL OPEN UNIVERSITY
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Message from the Chief Guest of the 10th WWA International Conference



I would like to sincerely wish for the grand success of the 10th international conference on "Emotional Intelligence and Management of Human Resources, Information Technology, Co-operatives and Positive Mental Health for World Peace in the Pandemic-affected Era" being organized by World Without Anger (WWA).

Despite efforts to tackle grave issues like mental health, poverty, unemployment, stress, and various other ailments and distractions, it is sad to note that we are engulfed more and more by problems and challenges jeopardizing peace, happiness, and mental health, the reality of the modern day world. The ongoing conflict in Europe is a sad reflection of it and has the potential to decimate all our achievements. The pandemic is not yet over, and we have had to face this unwarranted challenge. My worry, with the onset of winter, is what the Europeans may have to suffer sans the requisite energy supply and the skyrocketing prices of energy. The scenarios should be unfolding soon, and we may be left as mere spectators, unable to do anything to address the challenge. Global peace is at peril, and the challenges emanating from the current confrontations may be insurmountable. I am not trying to sound alarming, but the results of anger, the most undesirable of the human tenets, are simply defying the world order and leading to chaos, confusion, and violence. This is where, I believe, carefulness, or "*samprajanyata*," argued for in many religions and by many philosophers but particularly emphasized in Buddhism, needs to be practiced, promoted, and inculcated among every single human being.

Looking back at the development of events, probably the time has come to revamp our education system and the educational process. Yes, we have achieved success on many fronts, broken the unthinkable barriers, and are progressing in economic, technological, and scientific fronts at a geometric pace, but can we claim to have become happier? The answer would be a big no with us becoming more greedy, dissatisfied, impatient, and obstinate with an individualized and materialistic orientation. Children from early ages have started to feel the effects of poor mental health, posing a great challenge to humanity that raises serious questions about the future. The gaps between the haves and have nots have risen alarmingly, and poverty alleviation is still a dream in many countries with persistent deprivations and inequality. The strategies to address these challenges will have to be two-fold: first, metamorphosing the education system by integrating it with responsibility, accountability, high morale, and apt values capable of doing and delivering, and second, there should be equity in the distribution of resources, ensuring human freedom.

In this perspective, the importance of management becomes all the more necessary, not only to exploit resources but to do so in a sustainable manner so that they could be preserved for future generations. Equity in access and use of resources is another dimension where policies alone will not work and will have to be integrated with proper implementation and management to benefit all. The curriculum needs to be thoroughly reviewed and restructured to develop the right kind of human resources with abilities and an inculcating attitude to work and to be part of solutions by being responsible and accountable.

Prof. Shilu Manandhar Bajracharya, Ph.D.
Vice chancellor
Nepal Open University, Kathmandu, Nepal

Email: info@nou.edu.np, Website: www.nou.edu.np, Post Box No.: 296



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"The Dean of Peace"

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Message from the 10th International Conference Organizing Secretary



I wholeheartedly welcome at the 10th International Conference on **"Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era"**. Respected Prof. Dr. Shilu Manandhar Bajracharya, Vice-Chancellor, Nepal Open University (NOU), for accepting our request to be the program's chief guest, and for being followed by all the esteemed dignitaries in the Dias. I am extremely grateful to Dr. Ashis Sen of India for accepting our invitation to attend the 10th International Conference as a special guest of honor. His participation will contribute to a broader understanding of emotional intelligence, as he works closely with Dr. Daniel Goleman.

Respected Prof. Dr. Murari Prasad Regmi, Chief Editor of WWA Int'l Journal and Mr. Matt Perelestin, Co-founder, EQ4Peace Worldwide Inc., USA. I couldn't miss out on another name of pioneer figure Dr. Dean Van Leuven, a former chief patron of World Without Anger, who paved the way for happiness and joy in all sectors of life.

The conference's key emphasis is emotional intelligence. As a result, emotional intelligence has become increasingly popular in Western and European countries. It demonstrates that people favor a collectivist culture over an individualistic society in life. Because Nepal has a collectivistic culture, we may cultivate cultures of emotionally intelligent individuals and the country. EI is a very significant and relevant issue in any field for making people and organizations intelligent and socially responsible in order to achieve long-term societal growth.

Emotional intelligence education is becoming more popular in modern societies. In this context, the United Nations has already recognized EI/EQ as Sustainable Development Goals (SDGs) in order to ensure that all people on the planet enjoy peace and prosperity by 2030. Since 2007, World Without Anger (WWA) has provided numerous activities connected to emotional intelligence education for children extending from elementary school to the university level. The WWA has already begun study in Nepalese students utilizing Dr. Dean Van Leuven's (USA) "Life Without Anger (LWA) Emotional Scale." WWA and EQ4Peace Worldwide Inc., USA are cooperating to bring LWAEPP to more schools in Nepal, India, and around the world.

WWA International Journal Vol.8 is published by WWA and EQ4Peace Worldwide Inc., USA. I'd like to congratulate all of the paper contributors and the editorial board on the successful publication of WWA International Journal Vol. 8. My heartfelt gratitude goes to Chief Editor Prof. Dr. Murari Prasad Regmi of Nepal, as well as Associate Editors Dr. Albin Wallace of the United Kingdom and Dr. Antigonos Sochos of the United Kingdom.

WWA awarded Dr. Ashis Sen of India the "Dean of International Peace Prize (DOIPP)" in 2020, and Dr. Laxman Shakya of Nepal the "Dean of International Peace Prize (DOIPP)" 2021. I would like to congratulate you on behalf of the WWA family for deserving the awards as a result of Dr. Dean Van Leuven's vision.

Since WWA is a non-profit organization, everyone has volunteered and contributed their knowledge, expertise, and resources since its foundation. So, on behalf of the WWA family, I would like to offer my heartfelt gratitude to Mr. Naresh Prasad Shrestha, Group CEO of Sambriddhi Educational Foundation and Principal of Kathmandu Business Campus (KBC), for supporting the entire cost of the 10th International Conference. Prof. Dr. Arhan Sthapit, Chair of the 10th International Conference, was another outstanding figure who paved the way for this historic and unforgettable celebration.

Last but not the least, my heartfelt gratitude goes to all the paper contributor and conference participants from both home and abroad for making this event a success.

Thank you very much!

Dess Mardan Basnet, PhD
Founding President
5-6 Nov. 2022

WWA is in Association With Lumbini Buddhist University, Lumbini, Nepal.
WWA is in Partnership with, EQ4Peace Worldwide Inc, U.S.A., E-mail: matt@eq4peace.org



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World Without Anger (WWA)

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Message from the Desk of Chief Editor of WWA, Journal



There is a decrease in morality in the conscience with the exalted wisdom in the world, and high-stress intolerance among people with unsociable personality types is seen everywhere in urban life. One might think that life is without a conscience here. Curing such personality disorders is difficult.

Extreme anger is very harmful to life. It causes heart attack, and instant death. So please control over your anger with the proper reasoning and wisdom is suggested. So person of hot tempered needs proper counselling at least for three months. Clients also seek counselling for problems with shame, guilt and anger. Those who are suffering from shame and embarrassment they suffer from anxiety and mild problems of depression. Regret is an adaptive alternative to shame and embarrassment.

Life without anger is certainly welcome in societies, but controlling fits of anger, violence, and aversion is difficult. How do you treat strange behavior? Schizophrenia is extremely tough to manage. Young individuals are increasingly having strong sensory experiences and dissociative identity disorders that have no basis in psychosocial reality. Counseling and vocational training are extremely beneficial in this case.

I'd like to warmly welcome all the scholars, professors, and researchers from other countries who are taking part. I hope that our guests will enjoy the sun, moon, and stars, flowers, birds, green grass, and rivers that flow south in the Himalayas. I hope for personal peace and world peace.

Prof. M.P. Regmi. D.Phil
Hall of Fame (July 31, 2011)
American Biographical Institute
WWA Research Division
Date: November 5-6, 2022

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Message from Chair of the 10th WWA International Conference



I esteem it a great privilege to welcome you all to the two-day long 10th WWA international conference here in Nepal, the birthplace of Lord Buddha. In its 10th edition, the WWA conference has adopted a very relevant theme of "Emotional Intelligence and Management of Human Resources, Information Technology, Co-operatives and Positive Mental Health for World Peace in the Pandemic-affected Era." As our society strives to achieve sustainable peace and prosperity, emotional intelligence (EI) has unprecedentedly gained paramount importance, as it constitutes an integral part of the management of human resources, information, and communication technology in the pandemic-affected era. The EI and EI skills have become more indispensable, as we move towards the Fourth Industrial Revolution: technological wonders including ICT, artificial intelligence, digitisation, robotics, and nanotechnology have compounded their forces with socioeconomic factors to reshape future organisations by offering unprecedented opportunities and challenges to future jobs and role of the human resources. An emotionally intelligent human can contribute to peacebuilding as well as to making business organisations socially responsible and sustainable.

It also gives me immense pleasure to note that Nepal Open University (NOU) is the Academic Partner in this edition of the WWA international conference also. As the international conference chair and a professor representing the NOU, an academic institution of Nepal, I take this opportunity to welcome accomplished professors, erudite scholars and researchers, practising psychologists, students, and industry professionals from across the world. I feel honoured to mention here that there are noted scholars, academicians, and researchers from ten different countries in this conference: *Australia, Bangladesh, Democratic Republic of Congo, India, Kosovo (central Europe), Malaysia, Nepal, Romania, Thailand, United Kingdom, and the United States of America*. I trust the scholarly papers, deliberations, and discussions of these scholarly, creative minds at the formal sessions as well as informally at the side-lines will be highly rewarding and fruitful to achieve the very goal of this international conference. I heartily congratulate all the participants to be here in this august, scholarly gathering.

Finally, I would like to sincerely wish for the grand success of the conference. I also wish all foreign participants a happy and academically rewarding stay here in Kathmandu, Nepal.

Prof. Arhan Sthapit, Ph.D.

Chair

10th International Conference Organising Committee

WWA is in Association With Lumbini Buddhist University, Lumbini, Nepal.

WWA is in Partnership with, EQ4Peace Worldwide Inc, U.S.A., E-mail: matt@eq4peace.org



EQ4Peace Worldwide, Inc. - USA

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Dear Conference Participant,

Please accept my desire for a wonderful and educational conference and thank you for helping to make our world a more peaceful place. Thank you especially to those who have submitted powerful papers to WWA's 10th International Conference as you share in our desire to create a more peaceful world.

The mission and goal of both World Without Anger (WWA) and EQ4Peace Worldwide, Inc. - USA (EQ4Peace) is to bring peace to every country and every individual in the world.



Global peace is a goal for the external world. To achieve this goal, we must teach people how to understand, manage and master their inner world. Our external world reflects people's inner world. With emotional intelligence education (EQ), we can help people improve both their inner and outer world, but create inner peace, interpersonal peace and social peace, ultimately leading to global peace.

WWA's specific mission is to enhance the inner world of the people of Nepal, by providing emotional education in the most powerful, profound and productive means possible. For adults, WWA offers evidence-based research, science and understanding through conferences, workshops and written journals. For children, WWA offers a turn-key program for schools to train teachers, and provide textbooks, assessments and curriculum, to introduce kids to themselves, and help them manage their inner world, and thus their outer world.

WWA is EQ4Peace's model program because they have received approval to provide the Life Without Anger Emotional Education Program (LWAEEP) course curriculum for all public schools throughout Nepal. Prior to Covid in 2020, WWA had provided the LWA curriculum in 60 Nepal schools, reaching nearly 10,000 students.

After 35 years of teaching Emotional Intelligence, and now Positive Mental Health and Peace Education, I am deeply honored to be asked to join WWA in this conference. WWA and EQ4Peace will continue to work closely together towards our shared goal of creating peace, both internally and externally, around the world.

My best to you always,

Matt Perelstein, CEO & Co-Founder

"Cultivating inner peace, interpersonal peace and social peace through emotional education (EQ) - worldwide"



Global Peace Foundation Nepal

180 Shanti Niketan Marg, P.O. Box 4427, Kathmandu-2

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Message from the Patron of 10th International Conference

Last few years we all face many challenges in our daily life from covid-19 pandemic, and we all are accustomed to adapting these changes and priorities with things which are urgent to us. The current scenario of economic meltdown with uncertainty of ending war between Ukraine & Russia added more stress to all of us in many ways. The peace which we are longing for from generation to generation are far fetch reality, but our individual action /contribution is important and the part of emotional intelligent play crucial role to survive ourselves or in general existence of whole humanity.

I am honored to be part of the WWA International Conference since 2011. Throughout these years, I got the opportunity to interact, share and learn from many individuals. This conference adds some cornerstones to bring humanity together and offer platform to contribute further via academic discourse. My admiration to the team of WWA including Dr. DM Basnet and Dr. Laxman Shrestha for their continuous leadership to make this conference possible.

Ram Rohan Panta
Managing Director
Global Peace Foundation Nepal
Date: November 1, 2022

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Chairman Forum for Emotional Intelligence Learning
www.ifeil.org

MESSAGE

I congratulate you for holding the conference on Emotional Literacy. Emotional Literacy is the cornerstone of Emotional Intelligence and would go a long way in creating organizations that value people, nurture them, and enhance capabilities and performance by aspiration rather than command and control. The work climate is not only a predictor of performance but also is causally related to health and happiness of employees. I believe that the conference would act as an accelerator to improve the emotional competencies of the participants and organizations for a better society and world. The stated objectives of the conference are noble.

Learning to be robust needs to transcend boundaries. I understand that WWA is inviting papers and delegates from all over the world. This process of blending ensures the best practices from across the globe are explored. This diversity of knowledge and practice form the crucible where new leadership practices emerge. I am sure this conference would help new knowledge and practices emerge from the intellectual interactions between delegates. World without anger would be a reality when people from different parts of the world deliberate on the subject, dialogue on it and create consensus on its need and significance to human progress. WWA's effort in the direction is indeed commendable.

Wishing Basnetji and the Team all success.

Dr Ashis Sen





**Kathmandu
Business Campus**
(Affiliated to Tribhuvan University)

MESSAGE

I take immense pleasure in extending our heartfelt compliments to the organizers of the 10th international conference on "**Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era**" being held in Kathmandu, Nepal on 5th – 6th November 2022. It is indeed an honor for me to represent Kathmandu Business Campus as one of the co-hosts of the event.



It is indeed interesting to note that this event is happening at the backdrop of the tail end of the pandemic which has fundamentally reshaped the way our social interactions are carried out and the substantive changes that our overall socio-economic milieu has undergone. It is now an established fact that the pandemic had significant impact, among others, on mental health of a large number of individuals underscoring the need to re-kindle meaningful conversations around the importance of emotional intelligence and collective psychological well-being.

Given that the digital and information technologies have significantly ended up bridging the gaps in social interactions and virtualizing a range of socio-economic activities as triggered by exigencies of the immediate consequences of the pandemic, it indeed heartening to note their inclusion in this year's theme of the event.

Fostering meaningful conversations around the importance of emotional intelligence should no doubt be the cornerstone of effective, results-oriented and socially responsible human resources management. I think any effort aimed at analyzing the roles and efficacies of organizations and governments in fostering justice and peace should be premised on individuals making up those entities as units of analyses—in terms of their socio-psychological makeups.

As someone at the forefront of shaping the future of our students through their formative years, we at *Kathmandu Business Campus* are particularly interested in ensuring that our students are equipped with emotional intelligence skills in order to prepare them for vagaries of life and socio-cultural interactions that ultimately awaits them.

I do sincerely hope that the conference will render meaningful contributions to discourses on the great importance of emotional intelligence leading to actionable insights that have applicability across a range of socio-economic sectors.

I wish the event all the success!

Manohar K Bhattarai

Chairperson, Kathmandu Business Campus
Kathmandu, Nepal

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"The Dean of Peace"

2007

10th International Conference on

"Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives and Positive Mental Health for World Peace in the Pandemic-affected Era"

Jointly Organized by

World Without Anger (WWA) (Regd.), Nepal and Global Peace Foundation (GPF) Nepal

In association with EQ4Peace Worldwide, Inc., USA

5-6 November 2022



The world in the first quarter of the 21st century has increasingly realized the importance and prominence of global peace and human resources to ensure the sustainability of the earth and human living. While innovation is the growth engine for organizations, human capital spurs innovation more than any other organizational resource. *"Emotions Drive People, People Drive Performance"* (6Seconds.org). Therefore, research into peace science, behavioural science, positive psychology, and emotional intelligence education has assumed increased value in modern organizations and society.

The emotional intelligence conference at UN Headquarters in New York, USA presented ways for using emotional intelligence to power the SDGs. The world's largest emotional intelligence project is motivated by children's right to flourish (SDG #3).

The United Nations General Assembly has proclaimed 2012 as the International Year of Cooperatives, emphasizing cooperatives' contributions to socio-economic development, particularly their influence on poverty reduction, job creation, and social integration. On that occasion, UN Secretary General Ban Ki Moon stated that, "Cooperatives have shown to be a robust and successful economic model that can thrive even in tough times by focusing on principles. This accomplishment has helped to keep countless families and communities out of poverty. One of the objectives of the UN's purpose is to set people free economically so that they can live in peace and harmony across the world".

The International Cooperative Alliance (ICA) should show its contributions to positive peace during its 125 years of existence [in 2020], putting the cooperative identity into reality and actively supporting positive peace. We urge all our members to enhance their activity to achieve positive peace based on our Agenda of Cooperative Action for Positive Peace (<https://www.ica.coop/en/media/library>).

Since 2007, our non-profit NGO 'World Without Anger' (WWA) has been implementing EQ4Peace's "Life Without Anger Emotional Educational Program" (LWAEEP) as an emotional intelligence teaching method to 10,000 kids in Nepal. This effort was originally pioneered by Dr. Dean Van Leuven, "The Dean of Peace", (RIP) founder of the World Emotional Literacy League (WELL), USA, and co-founder of EQ4Peace Worldwide, Inc. Bachan Saving and Credit Co-operative Ltd. is affiliated with WWA. All the members of Bachan SACCOS have been receiving EI training from WWA and over 2200 members are associated with WWA to build strong socio-economic and wellbeing of humankind.

However, geopolitical changes and socio-economic complexities in recent decades have given rise to opinion in human values, increased human stress levels, and social disturbances in the quality of life of earth's people. At the dawn of the new millennium, what is required most is to promote global peace through emotional literacy, wellness psychology, management of workplace behaviour, and effective people management. Peace education, emotional intelligence, and effective management of human resources and other organizational systems play a critical role in building peace and harmony and in achieving balanced development and sustainability to develop a globally sustainable, peaceful society.

Goals of the Conference

- To present and explore innovative approaches and practices in emotional intelligence (EI/EQ), peace education, and behavioural science research and applications;
- To provide a platform for academicians, researchers, clinicians, policymakers, practitioners, and students for intellectual discourse and for the presentation of their ideas, research results, and innovative practices in the areas of emotional intelligence, positive psychology, organization, human resource management, and global peace initiatives;
- To develop a platform for fostering the exchange of global peace, emotional intelligence, organization, and people management thoughts between practicing academicians and managers;
- To explore peace education and curriculum developments for teaching and learning emotional skills, and to model program applications in business, organizations, academic institutions, and government organizations for a sustainable future;
- To assess healthier communities and their individuals using emotional intelligence during the pandemic; and
- To foster co-operative learning as a best way to develop people's aspiration for emotional intelligence.

10th International Emotional Intelligence Conference on 5-6 November 2022

An ideal forum for learning and networking as international scholars, researchers, educators, learners, and consultants as well as experts from different professional backgrounds will present their papers and posters on global peace initiatives, emotional intelligence research and applications in the areas of education, organization behaviour and management, organization communication, society, and psychiatric applications.

Call for Papers and Posters

The conference invites research papers and abstracts, conceptual papers, and case studies related to the theme and sub-themes. The papers and posters should relate to the theme and sub-themes that include, but are not limited to:

<ul style="list-style-type: none">➤ Global Peace Education➤ Emotional Intelligence (EI/EQ)➤ Human Resource Management➤ Organisation Management and Communication➤ Organisational Behaviour/ Industrial Psychology	<ul style="list-style-type: none">➤ Positive Psychology➤ Wellness Psychology and Positive Mental Health➤ Buddhism and Peace Studies➤ Cross-cultural Behaviour and Sociology➤ Co-operative Management and Psychology
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The conference also solicits contributions of research-based posters that address themes and topics of the conference, including figures, tables, and references to novel research materials. Those willing to present their papers in-absentia through a video-conferencing mode can also register by clearly mentioning it.

Sub-themes extended

<ul style="list-style-type: none">• Global Peace, Science and Education• Management of Mental Health and Well-being during the COVID-affected period• Sustainable Peace through Co-operative Management or Movement• Human Resource Development, Social and Economic progress through Emotional Intelligence• Human Resource Management• Human Behaviour Motivation and Attitudes• Positive Mental Health and Rehabilitation• Wellness Psychology and Meditation for Peace• Co-operative Management and Emotional Intelligence/ Peace &harmony	<ul style="list-style-type: none">• Management Communication for Peace and Organizational Development• Emotional Intelligence and Personality Traits• Co-operative Management and Emotional Intelligence• Organizational Behaviour• Emotional Intelligence and Anger Management• Emotional Intelligence and Cross-cultural Diversity Management• Buddhism, Peace and Harmony• Organization and Industrial Psychology• Sustainable Peace through Politico-economic Management
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Keynote Speakers Confirmed

- **Prof. Dr. Mahima Birla**, Dean, Faculty of Management, Pacific University, India
- **Prof. Dr. Subarna Lal Bajracharya**, Professor (Rtd.), Faculty of Management, Tribhuvan University, Nepal
- **Mr. Matt Perelstein**, CEO/Co-Founder, EQ4Peace Worldwide, Inc., USA
- **Dr. Enkeleda Lulaj**, Senior Assistant Professor, Faculty of Management, Tourism, Hospitality & Environment, University "HaxhiZeka" Peja-State, Kosovo
- **Dr. William Overton**, Board Member, EQ4Peace Worldwide, Inc., USA
- **Ashis Sen, PhD**, Chairman Forum for Emotional Intelligence (FEIL), India

Panel Discussions

The conference will feature a series of panel discussions which will deal with:

1. Using Emotional Intelligence to Achieve Business and Education Success
2. Positive results of the emotional education and LWAEPP in Nepal

3. Co-operative Management and Emotional Intelligence(EI) Or Psychology

Abstract and Paper Publication

- All accepted abstracts shall be published in the conference abstract book. The authors must have registered and completed the registration fee payment for the inclusion of their paper.
- The conference offers the registered participants an opportunity to publish their papers in WWA International Journal (ISSN 2231-3303) for which papers will be selected on the basis of merit and relevance to the journal's theme. The selected presented papers will be published after blind peer-review by the concerned scholars.

Best paper award and other awards

From the full papers presented in-person or virtually, one paper will be selected for the Best Paper Award (provided by NCBL). Additionally, one more paper will be adjudged for the Jury's Choice Award (provided by Manjushree School). One poster presenter will be felicitated with the best poster award (provided by Bachan SACCOS). All these award winners are felicitated at the Valedictory Session of the conference (Day-2).

10th International Emotional Intelligence Conference

Chief Patron

Mr. Matt Perelstein

CEO/Co-Founder, EQ4Peace Worldwide, Inc., USA

Special Patron

Prof. Dr. Shilu Manandhar Bajracharya

Vice-Chancellor, Nepal Open University, Nepal

Patron

Er. Ram RohanPanta

President, Global Peace Foundation, Nepal

Honorary Patrons

Dr. GovindaBista

Registrar, Nepal Open University, Nepal

Dr. Talbot W. Rogers

Associate Professor at Lincoln Memorial University, USA

Prof. Dr. Nandita Sharma

Head, Central Department of Psychology, Tribhuvan University, Nepal

Mr. K.B. Upreti, Chairman,

National Co-operative Bank Ltd., Kupondole, Lalitpur, Nepal

10th WWA International Conference Organizers

Conference Chair

Prof. Dr. Arhan Sthapit

Professor of Management, Faculty of Management & Law, Nepal Open University, Nepal

Conference Organizing Secretary

Dr. Dess Mardan Basnet

Founder/President, World Without Anger (WWA), Nepal

Convener

Naresh Prasad Shrestha

CEO/Principal, Kathmandu Business Campus, Group CEO, Samridhi Education Foundation, Nepal

Co-convener

Dr. Narendra Singh Thagunna

Faculty, PK Campus, Tribhuvan University, Nepal

International Scientific Committee

Chairperson

Prof. Dr. Murari Prasad Regmi

Tribhuvan University Teaching Hospital (TUTH),
Department of Psychiatry & Mental Health
Tribhuvan University, Nepal

Members

Prof. Dr. Karen Schamling Vice Chancellor of Academic Affairs, Washington State University, USA	Prof. Dr. Michael Waldo New Mexico State University, USA
Prof. Dr. Purusotam Singh Tribhuvan University, Nepal Former Visiting Professor, Independent University, Bangladesh	Prof. Dr. Arhan Sthapit Professor of Management, Faculty of Management & Law, Nepal Open University, Nepal
Prof. Dr. Shishir Subba Former Head, Department of Psychology Tribhuvan University, Nepal	Assoc. Prof. Dr. Antigonos Sochos University of Bedford, United Kingdom
Assoc. Prof. Dr. Shankar K. Shrestha Public Youth Campus, Tribhuvan University, Nepal	Assoc. Prof. Dr. Rajendra Man Shrestha Padma Kanya Campus Tribhuvan University, Nepal
Assoc. Prof. Dr. Jiban Khadka Faculty of Education & Social Sciences Nepal Open University, Nepal	Dr. Ganga Ram Bishwokarma Deputy Director, School of Management, Tribhuvan University, Nepal
Dr. Dess Mardan Basnet Visiting Faculty of Management, Nepal Open University, Nepal	Robert Ingram Board of Director, EQ4Peace Worldwide Inc., USA

International Advisory Committee

<p>Chairperson Prof. Dr. Mahima Birla Dean, Faculty of Management Pacific University, Udaipur, Rajasthan, India</p>		
Members		
<p>Prof. Dr. Tulasi Ram Vaidhya Former Vice-Chancellor, Lumbini Buddhist University Lumbini, Nepal</p>	<p>Prof. Dr. Ravindra Kumar (Awardee of <i>Padma Shri</i>) Former Vice Chancellor, Meerut University, India</p>	<p>Prof. Dr. AmpuHarikrishnan Pro-ViceChancellor, Tikendrajit University, Manipur, India</p>
<p>Prof. Dr. Khadga Man Shrestha Former Registrar, Lumbini Buddhist University, Nepal</p>	<p>Prof. Dr. VinentLuizzi Department of Philosophy, Texas State University, USA</p>	<p>Prof. Dr. Aradhana Shukla Former Dean (Arts), S.S.J. Campus, Kumaun University, Almora, India</p>
<p>Prof. Sergii KostyantynovichKulishov Professor, Poltava State Medical University, Ukraine</p>	<p>Prof. Dr. Milan Ratna Shakya, Former Head, Central Department of Buddhist Studies, Tribhuvan University, Nepal</p>	<p>Prof. Dr. Shreedhar Gautam Patan Multiple Campus, Tribhuvan University, Nepal</p>
<p>Dr. Ashish Sen Chairman, Forum for Emotional Intelligence Learning, India</p>	<p>Dr. Mohammad Ali Khalid Adjunct Faculty, Ahsanullah University of Science & Technology, Bangladesh</p>	<p>Dr. Art Trejo Information Management University of Phoenix, USA & Mexico</p>
<p>Asst. Prof. Dr. Haifeng Fu Xi'AnJiaotong, Liverpool University, China</p>	<p>Dr. Khagendra P. Subedi Chief Psychologist, Public Service Commission, Nepal</p>	<p>Dr. C.K. Abhishek Soft Skills Trainer, Andhra University, India</p>
<p>Asst. Prof. Dr. William Obenauer University of Maine, USA</p>	<p>Dr. Balbinder Kumar Assistant Professor, UILS, PUSSGRC, Hoshiarpur, India</p>	<p>Subbu Parameswaran Co-Founder, Learning Curve Foundation, India</p>
<p>Asst. Prof. Woldeab Daniel Wolaita Sodo University, Ethiopia</p>	<p>Asst. Professor Paulo Anania Moshi Co-operative University, Tanzania</p>	<p>Samuel Bungi Karbo University of Sierra Leone, Sierra Leone</p>
<p>Dr. Kulvinder Kaur Faculty of Management, Pacific Academy of Higher Education & Research University, India</p>	<p>Shiva Prasad Paudel Former Director, Nepal Co- operative Development Board, Nepal</p>	<p>Mr. Badri Kumar Guragain CEO, National Co-operative Bank Ltd., Nepal</p>
<p>Bishal Gaire Sr. Journalist and CEO, Bishal Foundation, Nepal</p>	<p>Madav Prasad Timalisina Managing Director, Interview Nepal Online, Nepal</p>	<p>Prakash Silwal President, SAARC Journalist Forum Nepal Chapter, Nepal</p>

International Coordination Committee

<p><i>Chair:</i> Dr. Laxman Shakya, Vice President, WWA</p>
Members
Mr. Sandeep Shrestha, Principal, Samriddhi College, Bhaktapur, Nepal
Mr. Mukunda Raj Khanal, Executive Member, WWA, Nepal
Asst. Prof. Dr. Kishor Hakuduwal, Tribhuvan University, Nepal

Asst. Prof. Narayan Prasad Aryal, Saraswoti Multiple Campus, Tribhuvan University, Nepal
Ms. Amanda Root, Secretary, World Emotional Literacy League (WELL), USA
Asst. Prof. Sandesh Dhakal, Tribhuvan University, Nepal
Mr. Krishna Prasad Dangol, Member, Education Sub-Committee, Bachan SACCOS, Nepal
Ms. Neha Maheshwari, WWA Representative, India
Mr. Bishnu Giri, Manager, National Co-operative Bank Ltd (NCBL), Baneshwor Branch, Kathmandu, Nepal
Mr. Baldev Timalisina, Sr. Trainer, National Co-operative Bank Ltd., Nepal
IT & Promotion Committee
<i>Coordinator: Anup Aryal, WWA, Nepal</i>

Conference Management Committee	Hospitality Committee
Chairperson: Mr. Bharat Giri, WWA Members: Dr. Shaligram Bhattarai, Executive Member, WWA Mr. Dinesh Maharjan, Admin. Director, Bachelor Program, KBC Mrs. MinuPathak, Sr. Teacher, Gram Sewa High School, Kathmandu, Nepal Mr. Chandra Kumar Wagle, Board Executive, WWA Mr. HariTimalisina, Chairman, Human Right, Tarakeshwor Municipality Mrs. Durga Pandey, Board Executive, WWA Mr. Pradhuman Ghimire, Sr. Auditor and Trainer, NCBL	Chairperson: Mr. Suresh Dhimal, WWA Co-Chair: Mr. Dipendra Phuyal, WWA Members: Mr. PurshottamGiri Mr. Hari Chandra Phuyal Mr. UjanShrestha Mr. ManohariTiwari Mr. Babu Kaji Lama

Who should participate?

- Educational leaders and academicians including research scholars
- Government representatives and policymakers
- Members from Civil societies, NGOs and INGOs.
- Individuals interested in EI, organization behaviour and psychology research
- Managers, HR practitioners, executive-level decision-makers
- Behavioural and social scientists
- Students and learners

Important Dates

15 th October 2022	Deadline for submitting abstracts
22 nd October 2022	Notification of acceptance
31 st October 2022	Deadline for submitting full papers
3 rd November 2022	Deadline for submitting PPTs and posters
4 th November 2022	Registration deadline
5 th -6 th November 2022	Conference

Registration Details

The participants are requested to register by sending the duly filled Registration Form through e-mail along with their research paper and registration fees (through Money

Transfer/SWIFT Transfer). Bank details are available in the registration form and can be obtained from the Conference Secretariat.

Bank Detail for application fees:

Machhapuchchhre Bank Ltd., Putalisadak Branch

Kathmandu, Nepal

Swift: MBLNPKA

Account Head: World Without Anger(WWA)

Account Number: 16-01-524-145389-02-2

Conference Registration Fees

Registration Fees: Categories	SAARC Countries		International Delegate		*Spot Registration
	**Early-bird Reg. Jan-July 30, 2022	Normal Registration	**Early-bird Reg. Jan-July 30, 2022	Normal Registration	
Industrial Delegates	4,000INR	5,000INR	250 USD	300 USD	350 USD
Academic Faculty	3,500 INR	4,500INR	200 USD	300 USD	350 USD
Research Scholars	3,000 INR	4,000INR	200 USD	250 USD	300 USD
Participants /Students	2,000 INR	3,500 INR	200 USD	250 USD	275 USD
Individual Nepalese participants	1,500 NRs	2,000NRs			
Institutional Nepalese participants	10,000 NRs	15,000NRs			

**Early-bird registration refers to the registration till 30 July 2022

*Spot Registration is done in-person on the spot of the conference venue, itself

Registration fees include

- Hi-tea, lunch, snacks, and tea on both conference days
- Conference kit containing printed conference abstract book, programme details, and other publications
- Personalized conference completion certificate

Abstract/ Paper Submission

Papers and presentations must be in English. Papers with an abstract of no more than 200 words, and emails of all authors should be submitted to the Conference Secretariat. All papers and abstracts will be reviewed, and authors will be notified of the review decision within two weeks of submission. Only electronic submissions will be accepted.

E-Mail: wwa2022conference@gmail.com

Contact for Queries

Dr. Laxman Shakya

10th International Conference International Coordination Secretariat

Email: wwa2022conference@gmail.com

<http://www.WorldWithoutAnger.org>; Mobile No. 977-9841429361

Hospitality Partner:

Hotel Beli Nepal, Chhetrapati-17, Thamel, Kathmandu, Nepal, Mobile No.: 9851111013
Email: wwa2022conference@gmail.com

Tour & Travel Partner:

Prakash Pandey, Royal Travel and Tours Pvt. Ltd., Putalisadak, Kathmandu, Nepal
Email: wwa2022conference@gmail.com

Media Partner:

Madav Prasad Timalsina, Managing Director, Interview Nepal Online
Tarakeshwor -1, Kathmandu
Email: godmadav2000@gmail.com

About Us

World Without Anger (WWA) - Nepal

Registered in August 2007 under the Societies Registration Act of 1977, WWA is a non-governmental, non-profit organization established with a view to implementing emotional intelligence education for preventing the devastating effects of anger on individuals, their families, and their communities, and to contribute to the peace promotion in the world and Nepal, the birthplace of Lord Buddha. WWA has been affiliated with Life Without Anger (LWA), Oregon, the USA since 2007, and with the World Emotional Literacy League (WELL), USA since 2009. WWA works with local and international peace-promoters to create peace in a strategic and constructive way. WWA has been working to create an anger-free society, as Dr. Dean Van Leuven first presented in his book "Life Without Anger," in order to bring peace to the hearts, homes, societies, and nations of the world.

WWA provides emotional intelligence training to school and university students, communities, groups, government bodies, and other service organizations. The training aims at transforming negative emotions into positive ones in all aspects of our society. In the broader sense, it strives to spread the inclusive approach of Dr. Dean, in terms of teaching/learning, the principles of Emotional Literacy training in the world for the mission of building World Peace.

Global Peace Foundation (GPF) - Nepal

The Global Peace Foundation (GPF) is an international non-sectarian, non-partisan, non-profit organization, which promotes an innovative, values-based approach to peace building, guided by the vision of One Family under God. GPF engages and organizes a global network of public and private-sector partners who develop community, national and regional peace-building models as the foundation for ethical and cohesive societies. The Global Peace Foundation affirms the importance of universally recognized principles and shared values as essential to building social cohesion within nations and the global community. GPF Nepal has been co-partnering with the WWA since 2010 in organizing international conferences on different themes related to global peace, EI, psychology, and behavioural sciences.

EQ4Peace Worldwide, Inc., USA

EQ4Peace is a USA-based international non-profit dedicated to bringing Peace to the world thru Emotional Education (EQ). We believe that if enough people know how to create peace in their lives, inside and around them, global peace is attainable. Towards that end, their goal is to have a billion people practicing EQ by 2039, and everybody by 2050.

Nepal Open University (NOU), Nepal

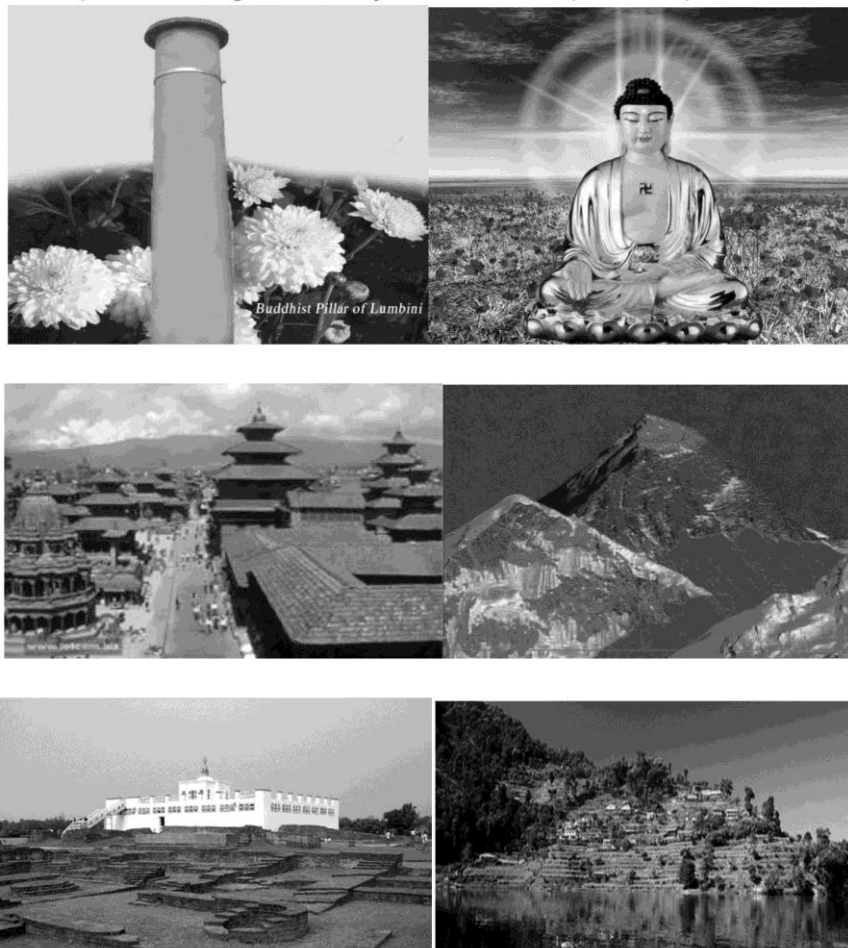
Nepal Open University is a public university based on the distance learning mode in Nepal. It was established in 2016 through an act of Parliament. The degrees awarded by the university are recognised as equivalent to degrees awarded by any other Nepali university under the purview of the University Grants Commission. It offers academic programmes ranging from bachelor's to the PhD levels in the three faculties: Faculty of Management & Law, Faculty of Education & Social Sciences and Faculty of Science, Health & Technology.

Kathmandu Business Campus (KBC): It is an enterprise of Samriddhi School for providing quality higher education in the field of management and Information Communication Technology. KBC aim to produce well-qualified graduates through competent management and ICT education, and its graduates will be the backbone for the economic development and prosperity of the nation.

About Kathmandu and Nepal

Nepal is the birthplace of Lord Buddha, the Champion of Peace. Lumbini is hallowed ground as Shakyamuni Buddha was born here in southern Nepal more than twenty-five hundred years ago. As a sacred birthplace, it is an important pilgrimage site for Buddhists from around the globe.

Kathmandu is the largest city (population: 1 million), the capital of Nepal, and the namesake of the Kathmandu Valley. The city is located in the north-western part of Kathmandu Valley and it covers an area of 50.67 square kilometres. The city generally has a pleasant climate with comfortable warm days followed by cool mornings and nights. Kathmandu's Tribhuvan International Airport is the largest and only international airport in Nepal.



Nepal & Historical Places

The city's rich history is nearly 2000 years old, as inferred from an inscription in the valley. The ancient and refined traditional culture in Kathmandu, for that matter in the whole of Nepal, is an uninterrupted and exceptional meeting of the Hindu and Buddhist ethos practiced by its highly religious people. It has also embraced in its fold the cultural diversity provided by other religions such as Jainism, Islam, and Christianity. People of other religious beliefs also live in Kathmandu giving it a cosmopolitan culture.

Kathmandu Valley has been described as "An Enormous Treasure House of Art and Sculptures". These treasures are made of wood, stone, metal, and terracotta, and are found in profusion in various temples, shrines, Stupas, Gumbas (Gompas), Chaityas, Vihars, and palaces. Kathmandu is the best place to shop in Nepal for contemporary handicrafts, fashion clothing, great books, music or traditional souvenirs, and curios.

10th International Conference on "**Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era**"

Registration: 7:00 – 7:30

Fellowship: 7:30 – 8:00

‘Mangal’ tune performance (on *Dhime* by a musical ensemble): 8:00 – 8:15

Opening Ceremony Program Schedule
(8:15 am - 9:15am)

M.C. - Ms. Pooja Shrestha

Venue - Kathmandu Business Campus(KBC), Banasthali Chok, Balaju, Kathmandu

Proposing the chairperson

- 1 Dr. Dess Mardan Basnet, President, WWA and Int'l Organizing Secretary of 10th Conference and Er. Ram Rohan Panta, President, Global Peace Foundation Nepal and Patron of 10th Conference, Chairpersons of Program

Call to the dais

- 2 Prof. Dr. Shilu Manandhar Bajracharya, Vice-Chancellor, Nepal Open University, Nepal, Chief Guest of the 10th WWA international Conference
- 3 Dr. Ashis Sen, Adjunct Professor HRM and OB, IIM Nagpur, India, Special Guest of the 10th WWA international Conference.
- 4 Prof. Dr. M.P. Regmi, Chief Advisor, Advisory Committee, WWA and Chairperson of 10th Int'l Conference, Scientific Committee
- 5 Prof. Dr. Arhan Sthapit, Chair, 10th WWA International Conference, Kathmandu, Nepal
- 6 Mr. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc. USA, Patron, World Without Anger (WWA) [Virtual]
- 7 Prof. Dr. Usha Kiran Subba, Former Head, Department of Psychology, Trichandra Campus, Tribhuvan University, Nepal
- 8 Mr. Manohar Kumar Bhattarai, Board Chairman, Kathmandu Business Campus, Samridhi Education Foundation, Kathmandu, Nepal
- 9 Dr. Mahomad Ali Khalid, Adjunct Faculty, MBA and EMBA Programme, School of Business, AUST, Bangladesh [Virtual]

Programmes

- **Distribution** of the Programme schedule, and Badges to the Guests by the KBC Volunteers.
- **Bouquet Presentation** by the Chairman of World Without Anger (WWA) to the Chief Guest; By the President of GPF Nepal to the Special Guest
- Inauguration Ceremony** by lighting the Auspicious Lamp with Nepalese National Anthem by the Chief Guest

Welcome Speech

1. Prof. Dr. Arhan Sthapit, Chair, 10th WWA International Conference, Kathmandu, Nepal

Journal/Book Release (WWA Journal Volume 8)

By Chief Guest of the programme Prof. Dr. Shilu Manandhar Bajracharya
Vice-Chancellor, NOU

Journal Editor(s): Murari Prasad Regmi, Nepal, Albin Wallace, U.K. and
Antigonos Sochos, U.K.

Series: World Without Anger International Journal published by WWA and EQ4Peace
Worldwide Inc., USA

Release of the Abstract Book of the 10th International Conference

By Chief Guest and all dignitaries on dais (coordinated by KBC Volunteers)

Awards Function

The Dean of International Peace Prize (DOIPP) *is an outcome of a long struggle and hardship of the Dean of Peace, Dr. Dean Van Leuven, to set an example in the world that it is peace that everybody needs at this time of anxiety and tension.* The person who deserves this award should be someone who has richly contributed in areas such as emotional literacy, peace/positive psychology, and psycho-social wellbeing anywhere in our world society.

Announcement of "The Dean of International Peace Prize, 2020"

It is awarded to Dr. Ashis Sen, Adjunct Professor, IIM Nagpur, India

Dr Ashis Sen is Adjunct Professor HRM and OB at IIM Nagpur. He is ICC Certified at PCC level and has worked with thousands of executives including Fortune 500 companies on the subject of Emotional Intelligence. He has delivered talks at EI Consortium an apex body on EI which has Daniel Goleman and Richard Boyatzis as members. He has been recognized for his work on EI in India by Dr Daniel Goleman and many others. He teaches EI in IIMs and TISS, TAPMI leading Management institutes in India. He is presently working with several large companies with Emotional Intelligence and Leadership Interventions. He is the member EI Consortium, USA, Gallup Strengths Coach, and MD of the Ashis Sen Consulting and Coaching Mumbai, Maharashtra, India.

Announcement of "The Dean of International Peace Prize, 2021"

It is awarded to Dr. Laxman Shakya, Vice-President, World Without Anger (WWA), Nepal

(Dr. Shakya is a well-known Buddhist Philosopher. Dr. Shakya has continuously been serving as the Organizing Coordination Committees at WWA International Conference since 2009. He is Vice – President of National Shakya Society, Nepal. He is former lecturer of Tribhuvan University and Lumbini Buddhist University. He is Vice-President of Bachan Saving and Credit Co-operative Ltd.)

Award to be presented by Prof. Dr. Shilu Manandhar Bajracharya, Vice-Chancellor, Nepal Open University, and the Chief Guest of the 10th WWA International Conference

Short remarks by the DOIPP Awardees Dr. Laxman Shakya, Nepal and Dr. Ashis Sen, India

WWA Visionary Achievement Award - 2020

It is awarded to

Mr. Mukunda Raj Khanal, Chairman, Bachan Savings and Credit Co-operative Ltd. (By the Special Guest)

WWA Visionary Achievement Award - 2021

It is awarded to

Mr. Dipendra Phuyal, Executive Member, Bachan Savings and Credit Co-operative Ltd.

WWA Volunteer Achievement Award - 2022

It is awarded by Special Guest to

Mr. Shantidip Regmi, Managing Director, Pipalbot Monthly Magazine

Mr. Anup Aryal, Executive Member, World Without Anger(WWA)

Speech by the Honorable Guests:

- Dr. Ashis Sen, Adjunct Professor HRM and OB, IIM Nagpur, India, Special Guest of the 10th WWA international Conference.
- Prof. Dr. Shilu Manandhar Bajracharya, Vice-Chancellor, Nepal Open University, Nepal, Chief Guest of the 10th WWA international Conference

Speech by Dignitaries:

- ✓ Prof. Dr. M.P. Regmi, Chief Advisor, Advisory Committee, WWA and Chairman of International Scientific Committee of 10th Int'l Conference
- ✓ Mr. Manohar Kumar Bhattarai, Board Chairman, Kathmandu Business Campus, and Sambriddhi Education Foundation, Kathmandu, Nepal
- ✓ Prof. Dr. Usha Kiran Subba, Former Head, Department of Psychology, Trichandra Campus, Tribhuvan University, Nepal
- ✓ Dr. Mahomad Ali Khalid, Adjunct Faculty MBA and EMBA Program, School of Business, AUST, Bangladesh **[Virtual]**
- ✓ Mr. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc. USA, Patron, World Without Anger(WWA) **[Virtual]**

Vote of Thanks by:

Er. Ram Rohan Panta, President, GPF Nepal, Chairperson of the program

Concluding Remarks by:

Dr. Dess Mardan Basnet, Founder President, WWA and Chairperson of the inaugural session.

Short-Break for Breakfast (9:15-10:00)

10th International Conference on "Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era"

Venue: Kathmandu Business Campus, Banasthali, Balaju, Kathmandu, Nepal

Day- I

05 November 2022 Saturday

PLENARY SESSION – 1

MC: Ms. Pooja Shrestha

Time: 10:00 –10:40	Chair: Prof. Dr. Usha Kiran Subba, <i>Former Head, Department of Psychology, Trichandra Campus, Tribhuvan University, Nepal</i>
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Keynote speakers:

1. Prof. Dr. Subarna Lal Bajracharya, Nepal

Professor, Faculty of Management, Tribhuvan University, Nepal and Visiting Professor, Lumbini Buddhist University, Nepal.

Title: Vissuddhi Magga for peace and sustainable development

2. Dr. Ashis Sen, India

Chairman of Forum for Emotional Intelligence Learning (FEIL), India
(PCC, Exec Coach, Adjunct Professor IIM Nagpur (HRM & OB) Emotional Intelligence Expert, Member EI Consortium, USA, Gallup Strengths Coach, and MD, Ashis Sen Consulting and Coaching Mumbai, Maharashtra, India)

Title: Emotional Self Awareness – Pathway to Great Leadership

3. Dr. Enkeleda Lulaj, Kosovo (Europe) [Virtual]

Dr. Enkeleda Lulajis Senior Assistant Professor at the Faculty of Management in Tourism, Hospitality and Environment, University "HaxhiZeka", Peja-State of Kosovo. She is a Doctor of Science in Finance and Accounting. She has addressed dozens of international conferences as the keynote speaker. She has published several research papers in the Scimago/Scopus ranked journals. She is the co-founder of B.O.R.N.(Borderless Online Research Networking.

Title: Managing Financial Stress in the Pandemic Era: Edu Tech Analysis

10th International Conference on "Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era"

Venue: Kathmandu Business Campus, Banasthali, Balaju, Kathmandu, Nepal

Day- I:

05 November 2022 Saturday

TECHNICAL SESSION 1 (Parallel Session)

Time: 10:50 to 11.50	Area: Organisation Behaviour and Human Resource Management
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Conference Hall-I: Session conduction by Ms. Rossete Dela Rosa Tamang, Kathmandu Business Campus

Session Chair: Prof Dr. Arhan Sthapit <i>Professor and PhD Programme Coordinator, Faculty of Management & Law, Nepal Open University, NEPAL</i>
Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes

Papers

Influence of Career Commitment and Employee Competency on Career Management of IT Worker's in Kathmandu Valley

Abhishek Risal, Udaya Raj Paudel, Quest International College, Pokhara University, Nepal

Impact of Internal Social Responsibility on Employee Performance in Community Campus

Mangal Bhakta Shrestha, Associate Professor, Kabhre Multiple Campus, Kabhredistrict, Tribhuvan University

Effect of Intrinsic Rewards on Employee Performance: A Case of Tribhuvan University Lecturers

Narayan Prasad Aryal, Lecturer, Faculty of Management, Tribhuvan University, Nepal
Gobind Kumar Singh, Saraswati Multiple Campus, Tribhuvan University, Nepal

Understanding Customers Attitude towards Mobile Commerce Adoption in Kathmandu Valley

Anu Yadav, Quest International College, Pokhara University, Nepal
Kabita Adhikari, Aryan School of Engineering and Management, Purbanchal University, Nepal

**Job Insecurity as a Barrier to Work Engagement during Pandemic Covid-19: Work-family Interface as a Moderator [Virtual]
A Theoretical Analysis**

Ooh Seow Ling, Tan Soon Aun, and Teoh Xi Yao, UniversitiTunku Abdul Rahman, Malaysia

Day- I:
05 November 2022 Saturday
TECHNICAL SESSION 2 [Parallel]

Time: 10.50–11:50	Area: Information Technology, Trade Management & Global Society
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Conference Hall-2: Session conduction by Ms. Samriddhi Adhikari, Kathmandu Business Campus

Session Chair: <p style="text-align: center;">Prof. Dr. Keshav Raj Khadka Senior Economist and Former HoD, Department of Economics, Patan Multiple Campus, Tribhuvan University, Nepal</p>
Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes

Papers

Prospects of Trade Management System in Nepalese Stock Market

Pushpa Mahat, and Er. Krishna Dhakal, Quest International College, Pokhara University, Nepal
Bhim Prasad Pant, National Economic Concern Society Nepal

**Exploring the determinants of student learning style compatibility with offline /
online learning methods for management courses in India**

Prof. (Dr.) Nitin Girdharwal, Prof. Jitendra Charan, Prof. Ruchi Kushwah, Prof. Shilpi Nag Patil,
Medi-Caps University, Indore, India

Success of OTT platform among generation Z in India

Prof. Dr. Nitin Girdharwal, Prof. Shilpi Nag Patil, Prof. Ruchi Kushwah, Prof. Jitendra Charan,
Medi-Caps University, Indore **[Virtual]**
A Theoretical Analysis

Criminal Detection Using Face Recognition

Loknath Regmi, Pooja Shrestha, Pragya Sapkota, and Sahri Prajapati,
Samriddhi College, Nepal

Understanding the Mind behind World Happenings *A Theoretical Analysis*

Challa Sushmita, Research Assistant, University of Louisville, USA
[Virtual]

Day- I:
05 November 2021 Saturday
TECHNICAL SESSION 3 [Parallel]

Time: 11.50-12.50	Area: Organizational Behaviour and Human Resource Management
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Conference Hall-1: Session conduction by Ms. Sindhu Tuladhar, Kathmandu Business Campus

Session Chair

Mr. Adika Ratna Sekhar
Chairman & Managing Director, Balmer Lawrie & Co. Ltd., India

Total Time Allocation:

For the chairperson to explain rules of paper presentation and comments (2 Min)
For each Paper Presenter: 9 Minutes (5 papers X 9 min)
For Question-Answer for each paper: 5 Minutes (5 papers X 2 min)
For Chairperson's Comment: 5 Minutes (Total for all papers)
For Certificate Distribution and Chairperson's Felicitations: 3 Minutes

Papers

Factors Affecting the Employee Engagement in Nepalese Microfinance Institutions

Dr. Kishor Hakuduwal, Lecturer, Bhaktapur Multiple Campus, Tribhuvan University
Prakash Nayabhari, Lecturer, Khwopa College, Tribhuvan University

A Study of Emotional Stability, Self-Efficacy, and Organizational Commitments among Managers and Subordinates in Nepalese Saving and Credit Cooperatives

Dess Mardan Basnet, visiting faculty, Nepal Open University (NOU); Mahima Birla Academy of Higher Education and Research University, Udaipur, India, and Narayan Prasad Aryal Saraswati Multiple Campus, Tribhuvan University, Nepal

Assessment of Factors Influencing Employees Work-Life Balance in Commercial Banks of Kathmandu Valley

Sadhana Basnet, & Umesh Thakur Quest International College, Pokhara University, Nepal
David Kumar Basyal, La Grandee International College, Pokhara University, Nepal

Organizational Social Capital and Employee Productivity of Tribhuvan University, Management Colleges in Kathmandu Valley

Srijana Shrestha, Ph.D. Scholar, Bhaktapur Multiple Campus, Tribhuvan University

Training needs analysis for training reaction: *The mediating role of motivation to learn*

Dinesh Basnet, Shanker Dev Campus, Tribhuvan University, Nepal

Lunch Break 12:50 – 13:50

Day- I:

**05 November 2022 Saturday
TECHNICAL SESSION 4 [Parallel]**

Time: 11:50 – 12:50	Area: Marketing/ Finance
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Conference Hall-2: Session Conduction by Ms. Sambriddhi Adhikari, Kathmandu Business Campus

Session Chair: Prof. Shila Pradhananga <i>Professor, and former Campus Chief, Public Youth Campus, Tribhuvan University, Nepal</i>
Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes

Papers

Determinants of Investors' Decision in Secondary Share Market in Bhaktapur Municipality

Sabita Kawan, Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal & Dr. Niranjan Devkota, Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal

Customer Awareness on Green Marketing in Kathmandu Valley: Evidence from Structural Equation Modelling

Garima Shrestha, Sarita Agrawal & David Kumar Basyal, Quest International College, Pokhara University, Nepal

Impact of Digital Marketing Tools on Building Brand Awareness

Mridula Sthapit, MBA 1st Sem., School of Management, Tribhuvan University (SOMTU):
Prof. Dr. Arhan Sthapit, Faculty of Management & Law, Nepal Open University, Nepal

Impact of Social and Product-related Factors on Purchase Intention of Smartphone Buyers in Nepal

Prof. Dr. Arhan Sthapit, Faculty of Management & Law, Nepal Open University, NEPAL;
Ayush Sharma, Master of Professional Accounting Services, Australian National Institute of Management & Commerce, Sydney, AUSTRALIA, &
Dr. Wilaiporn Laohakosol: Former Senior Lecturer, Shinawatra University, Bangkok, THAILAND

Neuromarketing: Current Status and Marketing Research Perspectives

Sunil Suwal, Khwopa College, Bhaktapur, Nepal

Lunch Break 12:50 – 13:50

Day- I:
05 November 2022 Saturday
TECHNICAL SESSION 5 [Parallel]

Time: 13:50 - 14:50	Area: General Management, Governance and Economy
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Conference Hall-1: Session conduction by Mr. Mohan Adhikari, Kathmandu Business Campus

Session Chair: <p style="text-align: center;">Prof. Dr. Subarna Lal Bajracharya Faculty of Management, Tribhuvan University, Nepal</p>
Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes

Papers

Factors Determining Entrepreneurship in Pokhara Metropolitan City

David Sharma, & Dr. Sunil Chitrakar, Faculty of Management & Law, Nepal Open University, Nepal

How Farmers and Extension Workers Think of Agriculture Extension Service Delivery at Local Governments in Nepal? A Case of Vegetable Farmers of Rautahat District

Lochana Shahi, MSc in Development Management and Governance, Nepal Open University;
Prof. Dr. Arhan Sthapit, Faculty of Management & Law, Nepal Open University

Impact of Caste-Based Organisation in and out of that Caste in Lalitpur Metropolitan Area: A Case of the Jyapu Society

Sushil Awale, Asst. Professor, Central Department of Management, Tribhuvan University

Socio-economic and Environmental Impact of Ecotourism in Nepal

Naniram Sapkota, Asst. Lecturer and Asst. Coordinator, MSDMG Programme
Faculty of Management, Nepal Open University, NEPAL

The Transformative Power of the Environmental Rule of Law:

A Comparative Analysis of South Asian Countries

Dr. Naresh Maharjan, Faculty, and Joint-Coordinator, LLB Programme, Faculty of Management & Law, Nepal Open University, NEPAL

Graduate Student's Perception on Effectiveness of Virtual Education during COVID-19 in Kathmandu Valley

Bikash Adhikari, Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal &
Dr. Niranjana Devkota, Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal

*** Conclusion of Day 1 Programmes ***

Day- I:

**05 2022 November, Saturday
TECHNICAL SESSION 6 [Parallel]**

Time: 13.50-14:50	Area: Mental Health and Psychology
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**Conference Hall-2: Session conduction by Rossete Dele Rosa Tamang,
Kathmandu Business Campus**

Session Chair: Dr. Mahomad Ali Khalid Adjunct Faculty, School of Business, AUST, Bangladesh [Virtual]

Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes(Total for all papers) For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes
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Papers

Knowledge Regarding Gender Based Violence among Earthquake Victims:

A study of Bhaktapur

Kalpna Kashapati, MA (Sociology) 4th Sem., Kabhre Multiple Campus, Tribhuvan University

**Psychological Well-Being Of People With Late Blindness And By-Birth
Blindness**

Binay Sedhai, MA, Golden Gate International College, Humanities and Social Science,
Tribhuvan University, Nepal

Cognitive-Affective-Behavioral Therapy (CABT): A Theoretical Analysis

Aliyah Arif Durrani, INDIA & Dr. Myron Doc Downing, USA **[Virtual]**

A Theoretical Analysis

**Loneliness and Relationship Satisfaction Among Married Couples During Covid-
19 Pandemic: Relationship Efficacy as A Moderator**

Teoh Xi Yao, Tan Soon Aun and Ooh Seow Ling, Universiti Tunku Abdul Rahman, Malaysia

[Virtual]

A Theoretical Analysis

*** Conclusion of Day 1 Programmes***

10th International Conference on "Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era"

Venue: Kathmandu Business Campus, Banasthali, Balaju, Kathmandu, Nepal

Day- II

06 November 2022 Sunday

8:00 - 8:45 am: Breakfast

PLENARY SESSION – II

Time: 9:00– 10.00 am	MC: Dr. Shaligram Bhattarai, Executive Member, World Without Anger (WWA)
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Chair:

Dr. Ashis Sen, Chairman of Forum for Emotional Intelligence Learning (FEIL), India.

Keynote speakers (15 minutes each):

1. **Mr. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc. USA, Patron, World Without Anger(WWA)**
(Matt has been teaching emotional intelligence (EQ) for over 35 years for his private company in the USA. In 2019, he co-founded EQ4Peace Worldwide, Inc, along with Dr. Dean Van Leuven, "The Dean of Peace". Sadly, just two months after starting the USA-based NGO, "Dr. Dean" passed away peacefully after a 5-mile run. Since then, Matt has guided EQ4Peace to schools, homes, and workplaces on 3 continents through speaking engagements and guest lectures. [Virtual]

Title: "Peace through Positive Mental Health: The need of the hour"

Day- II:
05 November 2022 Sunday
TECHNICAL SESSION 7 [Parallel]

Time: 10:00 – 11:00	Area: Emotional Intelligence (EQ/EI), Emotional Literacy and Anger Management
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Conference Hall-1: Session conduction by Naniram Sapkota, Faculty of Management & Law, Nepal Open University

Session Chair: <p style="text-align: center;">Dr. Ashis Sen Adjunct Professor HRM and OB, IIM Nagpur, India</p>
Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitations: 3 Minutes

Papers

Emotional Support and Cooperation Can Lead to Positive Mental Health During Pandemic: Case Study Research

Dr. Shraddha Basu, Teaching Associate, Gauhati University, India

**Emotional Intelligence and Challenges of Healthcare Professionals:
Conceptual Framework**

Prof. Aradhana Shukla, PhD, Former Dean (arts) & Head Department of Psychology, Kumaun University Nainital, Presently: Senior Fellow (ICSSR), Department of Psychology, SSSJ University, India

Mahatmabapusinga:

The Conceptualization of Emotional Education

Dr. Challa Ramakrishnan, Director, Gandhian Studies Centre. Andhra University, INDIA

Emotional Intelligence Nexus Education

Mihai Covaci^{a*}, Brindusa Covaci^{ba} Psychology and Educational Studies Department, Hyperion University, Călărășilor Street, Bucharest, ROMANIA ^bCBM International University & Center for Mountain Economy, Nuuanu Avenue, Honolulu, USA

Five Ways Emotional Intelligence Can Help Build Stronger Connections with Others, Leading to a More Peaceful World

Harvey Deutschendorf, USA

Day- II:
06 2022 November, Sunday
TECHNICAL SESSION 8 [Parallel]

Time: 10:00 – 11:00	Area: Mental Health and Psychology
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Conference Hall-2: Session conduction by Mr. Jalan Maharjan, Kathmandu Business Campus

Session Chair:

Prof. Dr. Aradhana Shukla [Virtual]
A Theoretical Analysis

Former Dean (arts) & Head Department of Psychology, Kumaun University Nainital,
Presently: Senior Fellow(ICSSR), Department of Psychology, SSJ University, India

Total Time Allocation:

For the chairperson to explain rules of paper presentation and comments (2 Min)
For each Paper Presenter: 9 Minutes (5 papers X 9 min)
For Question-Answer for each paper: 5 Minutes (5 papers X 2 min)
For Chairperson's Comment: 5 Minutes(Total for all papers)
For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes

Papers

Explore Parental Satisfaction on Inclusive and Non-Inclusive Education in Mainstream Schools for Students Autism Spectrum Disorder in Malaysia

Madhya Zhagan¹& Fonyy Dameaty Hutagalung⁴ · Department Educational Psychology & Counselling, Faculty of Education. University Malaya Kuala Lumpur, Malaysia **[Virtual]**

Role of Emotional Regulation in Promoting Mental Health and Wellbeing:

A Systematic Analysis

Dr. Anjana Bhattacharjee, Associate Professor, Department of Psychology, Tripura University, India **[Virtual]**

Cognitive-Affective-Behavioral Therapy (CABT):

A Theoretical Analysis`

Aliyah Arif Durrani, MA, India, Dr Myron Doc Downing, USA **[Virtual]**

Psychological Well-Being, Attachment Styles, Touch Attitudes and Experiences as Predictors of Touch Deprivation among Young Adults [Virtual]

Harshita Jain*, Dr. Harguneet Kaur** *Postgraduate Student, Department of Psychology, Christ (Deemed to be University), Delhi-NCR, India **Assistant Professor, Department of Psychology, Christ (Deemed to be University), Delhi-NCR, India

Mental health and perceived stress in relation to personality traits among Bangladeshi university students[Virtual]

JoyontoDasgupto^{1,2,3}, ZinnatulBorak¹, Md. Reza-A-Rabby^{1,2,3} ¹Department of Educational and Counselling Psychology, University of Dhaka, Bangladesh, ²BRAC Institute of Educational Development, BRAC University, Bangladesh³ EQ4PEACE, USA

Day- II:

06 2022 November, Sunday
TECHNICAL SESSION 9 [Parallel]

Time: 11:00– 12:00	Area: Global Peace, Buddhism and Education
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Conference Hall-1: Session conduction by Mr. Rajendra Man Singh, Kathmandu Business Campus

Session Chair: Dr. Laxman Shakya , Vice-President, World Without Anger (WWA), Nepal
<u>Total Time Allocation:</u> For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitatation: 3 Minutes

Papers:

Peace as the epicenter of News Agencies

Dr. Challa Ramakrishna Abhishek, Soft Skills Trainer, Andhra University [Virtual]

Positive Peace in the 21st Century: A Call for Personal Authenticity and Accountability

Karen Schaal, Secretary, EQ4Peace Worldwide Inc., USA [Virtual]

The Importance of Ashtanga Yoga and Ashtangik Marga in modern Society

Rajendra Prasad Neupane, Research Scholar, Nepal Sanskrit University, Dang, Nepal
& Dr. Laxman Shakya, Buddhist Scholar, Research Division, WWA, Nepal

**Application of Buddhist Philosophy in Terms of Theoretical Perspective
Toward the World Peace**

Anoop Shresthacharya (Ph.D. Energy Economics), Lumbini Buddhist University, Nepal

Interrelationship between peace study and well school management

Riyaz Poudel, MBA graduated from SOMTU, School of management, Tribhuvan University

How to Act for Peace Building in Post-War Zone

Samuel M. Muderhwa, Democratic Republic of Congo (Africa) [Virtual]

Lunch Break (12:00-13:00)

Day- II:
06 2022 November, Sunday
TECHNICAL SESSION 10 [Parallel]

Time: 11.00-12:00	Area: Mental Health and Psychology
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Conference Hall-2: Session conduction by Mr. Yugesh Rajbhandari, Kathmandu Business Campus

Chair: <p style="text-align: center;">Dr. Mahomad Ali Khalid [Virtual] A Theoretical Analysis</p> <p>Adjunct Faculty MBA and EMBA Programme, School of Business, AUST, Bangladesh [Virtual]</p>
Total Time Allocation: For the chairperson to explain rules of paper presentation and comments (2 Min) For each Paper Presenter: 9 Minutes (5 papers X 9 min) For Question-Answer for each paper: 5 Minutes (5 papers X 2 min) For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitations: 3 Minutes

Papers

Effect of Yellow Journalism on the Mental Health of an Individual and how it Affects the Peace of the Society

Shahi Raza Khan and Irmiya Zehra Naqvi, India [Virtual]

STRATEGIC PROGRESSION OF MEDICATIONS AND / OR PSYCHOTHERAPY TO ADMINISTER DEPRESSION IN PRIME CARE

Mohammad Ali Khalid, PhD Adjunct Faculty MBA and EMBA Programme, School of Business AUST, Bangladesh [Virtual]

Implementation Sensory Integration Stimulation Activities to Improve On-Task Behaviour for Children with Autism Spectrum Disorder

Madhya Zhagan¹ & Ravindaran Maraya², Faculty of Education, Faculty of Arts & Social Science, University of Malaya [Virtual]

Loneliness and Relationship Satisfaction Among Married Couples During Covid-19 Pandemic:

Relationship Efficacy as A Moderator [Virtual]

Teoh Xi Yao, Tan Soon Aun and Ooh Seow Ling, Universiti Tunku Abdul Rahman, MALAYSIA [Virtual]

A Theoretical Analysis

Day- II:
06 2022 November, Sunday
TECHNICAL SESSION 11 [Parallel]

Time: 11:00- 12:00	Area: Mental Health and Psychology
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Conference Hall-3: Session conduction by Ms. Upasana Shakya, Kathmandu Business Campus

Session Chair:

Dr. Madhya Zhagan [Virtual]

Department Educational Psychology & Counselling, Faculty of Education, University
Malaya Kuala Lumpur, Malaysia

Total Time Allocation:

For the chairperson to explain rules of paper presentation and comments (2 Min)

For each Paper Presenter: 9 Minutes (5 papers X 9 min)

For Question-Answer for each paper: 5 Minutes (5 papers X 2 min)

For Chairperson's Comment: 5 Minutes (Total for all papers)

For Certificate Distribution and Chairperson's Felicitations: 3 Minutes

Papers

Relation between Mindfulness and Psychological Distress among the Young Adults of Bangladesh: *The Moderating Role of Cognitive Psychological Emotion Regulation* [Virtual]

MuniraBinte Hasan^{1,2}, Muhammad Kamal Uddin^{1,1} Department of Psychology,
University of Dhaka, ²Sub-Ambassador, EQ4PEACE, USA

Development of Cognitive Dissonance among Muslim teenagers due to the Influence of Islamic Teachings in the Modern Secular Society [Virtual]

Insha Rashid and Azma Juned, India

THE PSYCHOLOGICAL WELL-BEING AND COPING STRATEGIES OF THE FORCEFULLY DISPLACED MYANMAR CITIZENS (ROHINGYA REFUGEES): *A PILOT STUDY* [VIRTUAL]

Mehrin Mostafa Mumu^{1,2}, Md. Reza-A-Rabby^{1,3,4}, Parveen Huque⁵ Department of Educational and Counselling Psychology, University of Dhaka, Bangladesh ² Universal College Bangladesh ³ EQ4PEACE, USA ⁴ BRAC Institute of Educational Development, BRAC University, Bangladesh ⁵ Department of Clinical Psychology, University of Dhaka, Bangladesh

Managing Low Self-esteem [Virtual]

John Asiegbu, Lead Consultant, Evlos Consulting
Emotional Intelligence Expert, Business Consultant, Global Speaker

Effect Of Routine Religious Prayer in Depression Level [Virtual]

MD Suhadul Islam, Department of Psychology, Gauhati University, Guwahati, India

A Study of Anger Education in Nepal [Virtual]

Prof. M. P. Regmi, D.Phil, Tribhuvan University, Nepal
Dr. Dess Mardan Basnet, Visiting Faculty, Nepal Open University
Dr. Antigonos Sochos, University of Bedfordshire U.K
R. B. Ingram, EQ4Peace Worldwide Inc., USA
M. C. Perelstein, EQ4Peace Worldwide Inc., USA

Day- II:

6 November 2022 Sunday

Time: 13.00- 13:30

Panel Discussion

“Using Emotional Intelligence to Achieve Business and Education Success”

Conduction by **Rosemary Joshi**, Faculty of Management & Law, Nepal Open University

Chairperson of the Panel Discussion:

Dr. Antigonos Sochos, University of Bedfordshire, U.K. [Virtual]

He is a Senior Lecturer in the Department of Psychology, University of Bedfordshire, UK. He is a Chartered Psychologist and Associate Fellow of the British Psychological Society. His main academic interests lie in attachment theory and the integration of psychodynamic and social psychological approaches.

Panellists

1. Mr. Matt Perelstein: Co-founder, CEO, EQ4Peace Worldwide, Inc., USA [Virtual]

He has been teaching, speaking, and writing about emotional intelligence (EQ) for over 35 years in the USA and beyond. He believes that one of the biggest problems in the world today is the lack of emotional education, so he co-founded and runs an international non-profit called EQ4Peace Worldwide, Inc. They are teaching emotional and peace education to all ages, everywhere, from pre-school to PhD. Please welcome Mr. Matt, as we explore, manage, and appreciate our emotions, to help us live with Positive Mental Health, and create Peace in our lives, inside and around us.

2. Mr. Adika Ratna Sekhar: Chairman & Managing Director, Balmer Lawrie & Co. Ltd., India. He has over 30 years of experience in leading multicultural organizations in Human Resources Management, Industrial Relations, and Administration with hands on experience in Talent Acquisition, Talent Management, Organizational Development, Learning & Development and Change Management initiatives, 360-degree leadership development programme, Career and Performance Management systems and Performance counselling.

3. Prof. Dr. Pyali Chatterjee, Head, Department at Faculty of Law, ICFAI University, Raipur, Chhattisgarh, India. [Virtual] She has completed her post-doctoral fellowship from Mediterranean University, Italy. Apart from teaching she is very much inclined to the legal research arena. She has a very rich experience in research. She has published more than 40 research paper till date in Scopus indexed journals, UGC recognize journal, foreign journal etc. She is author of 4 books and has edited one book with other co-editors. She has presented more than 30 research papers in overseas conference (like Italy, France, Amsterdam, Sri Lanka, Romania, Hungary Malaysia etc) national and international conference.

(Time: 13:30 – 14:15)

Cultural Programme by Kathmandu Business Campus (KBC)

Day – II

Valedictory Session

10th International Conference on "Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era"

Time - 14:15 - 15:15

M.C. - Mr. Mukunda Raj Khanal, Executive Member/ Programme Coordinator, WWA

Venue: - Kathmandu Business Campus, Banasthali, Balaju, Kathmandu

-Arrival of Chief Guest

-Proposing the Chairperson

1. Dr. Laxman Shakya, Vice President, WWA and Chair, 10th International Coordination Committee, Chairperson of the Valedictory Session

Call to the Dais

2. Dr. Govinda Singh Bista, *Registrar*, Nepal Open University, Nepal and Chief Guest of the Valedictory Session
3. Mr. Adika Ratna Sekhar, Chairman & Managing Director, Balmer Lawrie & Co. Ltd., India, and Special Guest of the Valedictory Session
4. Prof. Dr. Arhan Sthapit, Faculty of Management and Law, Nepal Open University and Chair, 10th WWA International Conference
5. Dr. Dess Mardan Basnet, Founder/President, World Without Anger(WWA) and Organizing Secretary, 10th International Conference
6. Mr. Naresh Prasad Shrestha, Principal, KBC, & Group CEO, and Sambiddhi Education Foundation, Kathmandu, Nepal
7. Dr. Anoop Shresthacharya, Faculty, Lumbini Buddhist University, Lumbini, Nepal
8. Mr. Bharat Giri, General Secretary, World Without Anger (WWA), Nepal
9. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia **[Virtual]**

Bouquet Presentation

1. By the Chairperson of the Program to the Chief Guest of Valedictory Session Dr. Govinda Singh Bista, Registrar, Nepal Open University, Nepal and Chief Guest of the Valedictory Session
2. By the Chair of the 10th International Conference to the Special Guest of the Valedictory Session to Mr. Adika Ratna Sekhar, Chairman & Managing Director, Balmer Lawrie & Co. Ltd., India

Welcome Speech

By Mr. Bharat Giri, Secretary General, World Without Nepal (WWA)

Sharing thoughts on 10th WWA International conference.

1. Dr. Anoop Shresthacharya, Faculty, Lumbini Buddhist University, Lumbini, Nepal

Guest Speakers:

1. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia
[Virtual]
2. Associate Dr. Govinda Singh Bista, *Registrar*, Nepal Open University, Nepal and Chief Guest of the Valedictory Session

Distribution of Certificates to the Participants and Volunteers by the Chief Guest of the Valedictory Session

Vote of Thanks: Mr. Naresh Prasad Shrestha, Principal, KBC, & Group CEO, Samriddhi Education Foundation, Kathmandu, Nepal

Concluding Remarks: Dr. Laxman Shakya, Vice-President, WWA, Chairperson of Valedictory Session

Refreshment and Group Photo Session

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INFLUENCE OF CAREER COMMITMENT AND EMPLOYEE COMPETENCY ON CAREER MANAGEMENT OF IT WORKER'S IN KATHMANDU VALLEY

ABHISHEK RISAL & UDAYA RAJ PAUDEL

QUEST INTERNATIONAL COLLEGE, POKHARA UNIVERSITY, GWARKO, LALITPUR, NEPAL

Abstract

Purpose: HR's involvement in IT organization continues to be crucial, where success or failure is directly related to staff. Only when talent is stable and engaged, product development and innovation connected with discovering new solutions for existing and future markets can take place.

Objective: The objective of the study is to understand "Influence of Career Commitment and Employee Competency on Career Management of IT Worker's in Kathmandu Valley".

Method: The explanatory research design was used with the essence of social cognitive theory. The data was evaluated quantitatively by using descriptive and inferential analysis by using structured questionnaire method using KOBO toolbox. SEM was applied to analyze the relationship from sample of 232 responses.

Findings: The given data reveals that maximum numbers of respondents are aware about the career management practices. Majority of IT workers feels that stress and burnout, lack of confidence, and inefficient training are certain barriers which can be managed through strong HR policy and on time training programs. Result of SEM shows all constructs fit and validate with the model.

Conclusion: Career Commitment and Employee Competency can positively influence the process of Career Management.

Recommendation: Employees are huge assets for the organization, losing them cost a lot. So, organization should deeply focus on employee development and, performance enhancement by using tools of career management.

Contribution: This study will be beneficial for the IT company to make strong HR policy. Also, study will benefit researchers, students, various IT organizations for the research purpose.

Originality: To the authors' knowledge, no study has been undertaken in Kathmandu valley on understanding the influence of career commitment and employee competency on career management. Hence, there is no conflict of interest and this is original work.

Keywords: Career Management, Employee Competency, Career Commitment, IT Workers, Career Barriers

JEL Classification: C12, J24, M12, M15, O15

COGNITIVE-AFFECTIVE-BEHAVIORAL THERAPY (CABT): A THEORETICAL ANALYSIS

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MYRON DOC DOWNING, PHD, USA

Abstract

The present paper is an overview of a theoretical orientation that analyses the influence of affect, cognition, and behavior in human social interactions. Early researchers have extensively studied different parts of the tripartite paradigm-popular theories such as behaviorism, developed by B.F. Skinner focused on studying behavioral aspects using principles of conditioning, whereas the psychodynamic approach pioneered by Freud emphasized understanding unconscious mental processes.

More recently, Cognitive Behavioral Therapy (CBT) has been considered for treating diverse mental health conditions such as anxiety, depression, bipolar disorders and personality disorders. The therapy includes identifying and manifesting alternative ways of challenging dysfunctional cognitions and their underlying influence on affective and behavioral functioning.

In the review of past literature, the study of the affect within such a paradigm has received little recognition. Thus, this paper aims to outline the role of affect in social cognition and behavior as our perceptual experiences influence our affective states, which thereby help shape behavioral tendencies for optimal human functioning. In other words, the CABT perspective advocates a therapeutic methodology that incorporates all components of the tripartite paradigm as forms of effective change in order to achieve personal and global peace. Past relevant research studies will be used to illustrate a comprehensive understanding of the topic. Further recommendations for future research work will be included.

Keywords: Affect, Cognition, Behavior, Cognitive Behavioral Therapy, Cognitive Affective Behavioral Therapy, Emotional Intelligence, Peace, Positive Mental Health

TALKING OF MANAGERIAL EFFECTIVENESS

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Abstract

My life's experience has taught me to be bold, determined and courageous in dealing with difficult circumstances! I have penned down my own requirements for pursuing an International Assignment happily and soulfully!

It is my heart-felt wish to be independent financially no matter what the situation life being my way! It is very important to pursue a career of your choice and make a difference to the world through one's hard work, painstaking efforts and exuberant spirit.

EMOTIONAL INTELLIGENCE AND CHALLENGES OF HEALTHCARE PROFESSIONALS: CONCEPTUAL FRAMEWORK

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Abstract

It is a very commonly prevailing fact in society that communication is better than medical prescription. Therefore, healthcare professionals are receiving more attention and care from people. There are some challenges that healthcare professionals face, such as dynamic factors in today's health environment and client expectations.

level of education and understanding; health literacy; proper study and observation of social inadequacies and social rules; less knowledge of cultural minorities; communicational challenges; hazards in capacity building; lack of decision-making; constraints related to time and resources, etc.

Personal and organizational emotional intelligence could be successful tools to cope with these challenges. As society is changing rapidly, new ways or strategies are necessary to meet the needs of the hour.

Implementing the concept, tools, and practices of emotional intelligence can be a successful hand of assistance for healthcare professionals to deal with people suffering from psychological disorders; it will also help to reduce their problems and be an active member of the social mainstream.

Keywords: Emotional intelligence, health care system, health care professionals

IMPACT OF SOCIAL AND PRODUCT-RELATED FACTORS ON PURCHASE INTENTION OF SMART-PHONE BUYERS IN NEPAL

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Abstract

The paper examines the impact of product-related factors (price, quality, and country of origin, product feature) and social factors (social influence and compatibility) on the purchase intention of smart-phone buyers in the Kathmandu Valley, Nepal. Based on the primary data survey method, questionnaires were administered on 340 graduate students of seven business schools inside the Kathmandu Valley selected through a judgmental sampling technique. The results of the causal-comparative analysis—based on correlation and regression analyses— showed that among the considered independent variables, compatibility, social influence, and product features would significantly influence the purchase intention of the smart-phone buyers, while price, quality and country of origin had no significant relationship with the purchase intention. However, all the independent variables were found to be positively correlated with the purchase intention of smart-phone buyers. The implication of findings is that the Nepalese buyers are more likely to purchase smartphones if they find attractive product features compatible with their needs and social sphere.

Keywords: Country of Origin, Compatibility, Purchase Intention, Price Quality, Social Influence

EMOTIONAL INTELLIGENCE NEXUS EDUCATION

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Abstract

The paper approaches the concept of emotional intelligence nexus education. The concept of emotional intelligence is described in multiple variants and no clear definition can be identified. Data indicate that emotional intelligence has a positive impact on the practices of educational leaders through ways to more effectively fulfill responsibilities. These emotional intelligence skills enable educational leaders to develop an understanding of the feelings of their learners and build effective relationships with them, staff and parents. These skills facilitate the handling of conflicts and sensitive issues. Educators who possess high levels of emotional intelligence insert added value to various facets of teaching especially when they are subject to impediments. The dimensions of emotional intelligence (appraisal, regulation, and use of emotion) influence every aspect of learning and quality of life (physical health, psychological health, and environmental health). The research of the paper is exploratory, with qualitative items connections.

Keywords: emotional intelligence, education environment, learning and quality of life

FACTORS DETERMINING ENTREPRENEURSHIP IN POKHARA METROPOLITAN CITY

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Abstract

Various studies on entrepreneurship found that entrepreneurship behavior and attitude are required to start a new business. Under the research conducted on entrepreneurship intention, it is found that there is a high interest to identify factors that determine the desirability of entrepreneurship. This research study focused on identifying the factors that determine the desirability of entrepreneurship and assessing the factors that have a high influence on determining the desirability to become an entrepreneur. Using the data available in Nepal Innovation Technology and Entrepreneurship Center (NITEC) and Urja Lab in Pokhara, the research examined the desirability of entrepreneurship among respondents from Pokhara who once took any entrepreneurial training or participated in workshops conducted by NITEC and Urja Lab between 2015 to 2020. Considering various factors suggested by the theory, the study used the feasibility, social stability, and comfort of acquiring customers as significant predictors of entrepreneurship. The result of the study shows feasibility, social stability, and comfort of acquiring customer has positive relationship and feasibility and comfort of acquiring customers have the most effect on the desirability of entrepreneurship while social stability has least effect therefore cannot predict the desirability of entrepreneurship significantly.

Keywords: comfort of acquiring customers, entrepreneurial attitude, entrepreneurship event theory, feasibility, social stability, theory of planned behavior

A STUDY OF EMOTIONAL STABILITY, SELF-EFFICACY, AND ORGANIZATIONAL COMMITMENTS AMONG MANAGERS AND SUBORDINATES IN NEPALESE SAVING AND CREDIT COOPERATIVES (SACCOS)"

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Abstract

The Saving and Credit Cooperative is a member-owned financial institution. The primary goal is to mobilize funds to improve the members' and society's socioeconomic position to generate profit within the community and its members. We examined the relationship between emotional stability (neuroticism), affective commitment, normative commitment, and continuance commitment of managers of saving and credit cooperatives in the Kathmandu District. Likewise, the study investigated managerial level employees' self-efficacy and affective commitment. The study found the differences in commitments level of managerial level ethnic groups of SACCOS. The study found the differences in organizational commitment levels between managerial level employees and subordinates of SACCOS. A descriptive analysis was performed as well as Spearman's Rank Correlation Coefficient, the Mann-Whitney U test, and the Kruskal-Wallis H test were used to carry out the statistical analysis of the data. Emotional stability personality trait was negatively correlated with affective commitment and however, continuance, & normative commitment were insignificant. The results showed the differences in organizational commitment between the managerial position and subordinates. The organizational commitment did not find differences in ethnic groups of SACCOS.

Keywords: Emotional stability; Ethnics-group; Organizational commitment; saving and credit co-operatives; Self-efficacy

APPLICATION OF BUDDHIST PHILOSOPHY IN TERMS OF THEORETICAL PERSPECTIVE TOWARD WORLD PEACE

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Abstract

The paper focus on the present problems and crisis of the world such as a huge gap in the economic resource between poor and rich countries, and within the 'have's and have's not', environmental issues, and food crisis. Buddhist philosophy and principles may be applied in terms of theoretical perspective to overcome such problems. The study deals with the present economic theory and the prospect of revision to seek better economic prosperity in the world. The limited resources need to meet unlimited human wants by exploiting optimum resources that raise the main issue of imbalance in the world and for the same reason conflict between have's and have not's and between countries. This paper is not to establish new economic theories, but it is a way forward to seek for further study to invent new economic theories which are better than the present theories, especially in terms of the welfare of society and the world.

Keywords: Economics, Buddhist Philosophy, Prosperous, Peace, Conflict

CUSTOMER AWARENESS ON GREEN MARKETING IN KATHMANDU VALLEY: EVIDENCE FROM STRUCTURAL EQUATION MODELING

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ABSTRACT

Purpose: The environment is being severely damaged over the past few decades. The main problem of the situation is haphazard human behavior. However, now people are aware of this and consumers are paying close attention to green products to reduce the environmental impact on health issues. This study hence tries to focus on customer awareness on green marketing and determines consumers' purchase decisions regarding green products using a survey conducted in Kathmandu Valley.

Design/Methodology /Approach: The explanatory research design was adopted as the main research paradigm to discover reality. The data was evaluated quantitatively by using both descriptive and inferential statistics. SEM was used to analyze the relationships from 180 responses.

Findings: The finding of the study shows that Environmental Concern, Green Perceived Benefits, Green Perceived Quality, Green Willingness to Purchase, and Green Future Estimates have shown a direct positive significant influence in Green Purchase Decisions. Here, only one predictor, named Green Awareness of Price, showed insignificant impact on consumer purchasing decisions on green products. These findings give theoretical relevance in terms of Theory of Planned Behavior.

Research Limitation/Implications: The scopes of this study are confined to Customers in Kathmandu Valley. Further studies and other variables should be included for better understanding the underlying relationship between Green Purchase Decision and Green Awareness of Price as this study do not support the relationship.

Originality: To the authors' knowledge, limited study has been undertaken in Nepal studying Green Marketing awareness and purchase intention. Hence, there is no conflict of interest and originality in this work.

Keywords: Environmental Marketing; Green Product; Green Consumer; Green Purchase Decision; Consumer Behavior; Theory of Planned Behavior; Green Labeling, Green Awareness, Eco-friendly, Customer Awareness

JEL Classification: M31, F64, D91, Q01, Q54

PSYCHOLOGICAL WELL-BEING, ATTACHMENT STYLES, TOUCH ATTITUDES AND EXPERIENCES AS PREDICTORS OF TOUCH DEPRIVATION AMONG YOUNG ADULTS

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Abstract

The COVID-19 pandemic and its associated restrictions allowed the systematic study of touch deprivation. The present quantitative study examines the prevalence of touch deprivation in the Indian adult population. Additionally, it explores its relationship to psychological well-being, and how the experience of perceived touch deprivation can relate to individual differences in adult attachment styles and touch attitudes and experiences. A 63-item questionnaire was used to collect survey data using the Touch Deprivation Scale (Punchyanunt-Carter & Wrench, 2009), Touch Experiences and Attitudes Questionnaire (Trotter et al., 2018), Experiences In Close Relationships-Short (Wei et al., 2007), and, General Health Questionnaire-28 (Goldberg, 1989), from 225 adults aged 18-24 years old, residing in India. With SPSS, correlational and regression analyses were conducted to measure relationships between variables.

Results indicated that touch deprivation was highly prevalent- 84.4% of the total population (225), and was correlated to all the variables of interest. It was also found that the degree to which individuals crave touch is predicted by gender, psychological well-being, anxious attachment style, and positive touch experiences in childhood as well as attitude towards intimate touch. The predictors, together, explained 24.9% of the variance in touch deprivation. The implications of these findings indicate that interpersonal touch plays a significant role in times of distress and uncertainty. In addition to social psychology, psychotherapy, and haptic technology, there are numerous other fields this study will contribute to.

Keywords: Touch Deprivation, COVID-19, Wellbeing, Attachment Styles, Experiences of Touch, Young Adults

5 WAYS EMOTIONAL INTELLIGENCE CAN HELP BUILD STRONGER CONNECTIONS WITH OTHERS, LEADING TO A MORE PEACEFUL WORLD

HARVEY DEUTSCHENDORF, EQ4PEACE

Abstract

Whether it is at work, or our personal relationships, we automatically gravitate to those who we feel safe and welcomed to be around. As humans we are wired for connection. We naturally want to be around those who hear us and see us. By giving people our undivided attention when they are speaking, and seeking to understand, we can even form connections with people that we don't agree with.

It makes us feel appreciated and understood. When we feel that way, we want to spend more time with the people who make us feel this way, hire them, buy from them and help them in any manner we can.

It also makes people more peaceful and less likely to be in conflict with others. The more people that practice emotional intelligence, the greater chance of the world peace.

This paper seeks to look into how using emotional intelligence will lead to stronger connections with others, leading to more peace amongst individuals and ultimately between nations.

Keywords: Emotional intelligence, Connections, Feeling heard, Peace

DEVELOPMENT OF COGNITIVE DISSONANCE AMONG MUSLIM TEENAGERS DUE TO THE INFLUENCE OF ISLAMIC TEACHINGS IN THE MODERN SECULAR SOCIETY

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Abstract

The fundamental teachings of Islam are followed down upon generations for more than a thousand years. It is only recently that the lifestyles of the Indian Muslims has been massively influenced under the banner of liberalism, freedom and right to speech after the independence of India from British colonization.

In earlier days, the Imams were the teachers for the children. History tells us the scholars that were raised studying Islam and different sciences simultaneously and had no contradiction in their minds about the core belief system regarding Islam and its tenets.

Today, we see the spread of modern society where no school provides us the understanding of religion's role in a layman's life. The Muslim child grows up in a conflicting state and dilemma of what to accept and what not. It does not make a child more exploratory and smarter, rather, it makes him the victim of existential crisis.

The intermingling of two different cultures into a modernized lifestyle where there is no role of religion and Islamic culture where the Quran and Sunnah, draws the lines of limits for a common man, and has caused some rise in the inner conflict of a young person.

The dilemma to choose between two situations of modern and traditional ways brings Dissonance. This research will shine the light on the magnitude of development in the cognitive dissonance in Muslims teenagers due to Islamic preachings in modern society.

Keywords: Peace, cognitive dissonance, development, conflict, emotional education, positive mental health

EXPLORING THE POST COVID-19 IMPACT OF DIVIDEND ANNOUNCEMENT ON SHARE PRICES OF SELECTED COMPANIES IN INDIA

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Abstract

The emergence of the COVID-19 pandemic has become a challenging situation for the worldwide society, including the investors in the capital market of India. The announcement of a dividend has been a common practice of organizations. The Theory of Dividend Signalling says that business organisation will take decisions to declare their dividend pay-out policy for indicating the market that corporation possess the financial and operational stability, which resultantly influence its share prices. In relation to the situation, this study explores the effect of dividend announcement on selected business organisations listed under National Share Exchange (NSE) after the Covid-19. The study analyses the fluctuation of share prices, before and after the announcement of dividend. Implications of changes on the dividend for selected companies were measured for the share prices with range of pre and post seven days from event date. The study shows that the prices of share will raise drastically after the announcements of dividend. This research study will help the investors to select the financially stable companies and take better decisions to invest. The study has verified theory of dividend signalling which states that there is tremendous impact on share prices of dividend theory.

Keywords: Dividend Announcement, Post Covid-19, Share Prices, Signalling Theory

MANAGING LOW SELF-ESTEEM

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Abstract

Self-esteem refers to your view of yourself. It includes your opinion of yourself and the way you see yourself performing in tasks, groups, academically and other areas of life. Low self-esteem can constitute a challenge and may get in the way of your being able to maximise life and your ability to attain long- and short-term goals and reach the peak of your potentials. It can also adversely affect mental and physical health.

In this article, we'll look at the characteristics and causes of low self-esteem. We'll also consider applicable strategies for improving your perception of yourself. Low self-esteem often has its roots in childhood trauma. Constantly being in a stressful environment as a child or having overly critical parents or caregivers can also contribute to it. Low self-esteem in most instance can be managed and treated. In many instances, self-care will be enough to give you a more positive, realistic view of yourself. Self-care behaviours include letting go of the past and stop worrying about the future through mindfulness and meditation, reciting positive affirmations, practicing self-hygiene, journaling, utilizing stress reduction techniques such as deep breathing, physical activity such as yoga and exercising. If self-care is not sufficient to provide relief, seeking professional help many be necessary.

Keywords: Self-Esteem, perception, personal growth, emotional intelligence, peace, consciousness, self-care, mindfulness, stress reduction

MENTAL HEALTH AND PERCEIVED STRESS IN RELATION TO PERSONALITY TRAITS AMONG BANGLADESHI UNIVERSITY STUDENTS

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Abstract

While attending university is a conceivably stressful situation, there is growing evidence that a sizable proportion of students suffer from mental health issues. The present study aims to observe the mental health issues, perceived stress, and personality traits among Bangladeshi university students well as to identify whether personality traits are associated with mental health status or perceived stress among university students. 300 conveniently sampled university students participated in a web-based cross-sectional survey that collected demographic information as well as results from the Bangla GHQ-12, Bangla PSS-10, and Bangla BFPT-44 scales. The average score of mental health-related issues and perceived stress was 15.91 and 20.20, respectively. Neuroticism was significantly associated with mental health issues ($B = .473$, $AR^2 = .423$, 95% CI: .450 to .690) as well as with stress ($B = .401$, $AR^2 = .222$, 95% CI: .211 to .382). Agreeableness, extraversion, and conscientiousness were also found to be significantly associated with mental health issues and stress ($p < .001$). Since neuroticism is associated with a higher risk of mental health issues and higher levels of perceived stress in students, and extraversion, conscientiousness, and agreeableness are associated with a lower risk, this information can be used to design preventative and educational programs for improving mental peace among students by focusing these specific personality traits.

Keywords: Personality traits, mental health, perceived stress, student, university, peace

KNOWLEDGE REGARDING GENDER BASED VIOLENCE AMONG EARTHQUAKE VICTIMS: A STUDY OF BHAKTAPUR

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Abstract

The main objective of the study is to assess the level of knowledge on gender based violence among earth quake victims in Bhaktapur district. The descriptive research design with the proportional quota sampling technique is adopted. The structured questionnaires are applied for data collection. The victims of earthquake on 2072/1/12 are taken as respondents. The sample size is consisted of 50 respondents with mean ages of 27.4 years. The data is analyzed by using SPSS version 20 and presented in frequency distribution, percentage and mean score. The finding of the study found that there is a relationship between the level of knowledge among respondents with age, religion, education, and occupation.

Keywords: Knowledge, Violence, Earthquake, Victims

POSITIVE PEACE IN THE 21ST CENTURY: A CALL FOR PERSONAL AUTHENTICITY AND ACCOUNTABILITY

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Abstract

Over the past decades, we have seen the 'peace movement' take on many forms. From the 'make love, not war' anti-war movement of the American 60's, to today's age of information overload, peace approaches us and speaks to us in different ways. Are we peacekeepers or peacemakers? Is our focus on those events that are so grievously against peace, such as war and conflict? Or is our focus within institutions, within schools, within the workplace, within the family?

Whatever our focus, whatever our passion, the author proposes that peace in the 21st Century must be a positive peace, a peace that is 'for' something, rather than against, a peace that is built on relationships, a practice of peace that is authentic and a practice in which we hold ourselves accountable. What does our personal relationship with peace look like? How do we see peace actualized through our thoughts and actions?

The author suggests that authenticity and accountability are the foundational pillars of a peace-led life and that self-awareness and self-regulation are key components in this endeavor.

Keywords: Peace, Positive Peace, Authenticity, Accountability, Emotional Intelligence, Peace Education, Positive Mental Health

FACTORS AFFECTING EMPLOYEE ENGAGEMENT IN NEPALESE MICROFINANCE INSTITUTIONS

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Abstract

With positive emotions, happiness and high energy towards their duty, an engaged employee performs better in their work. The paper aims to analyse the factors affecting the employee engagement in Nepalese microfinance institutions. The compensation, job environment, training and development, leadership support, recognition are taken as independent variables and employee engagement is taken as dependent variable. The study selected 143 employees of microfinance institutions using the convenience sampling. A questionnaire survey was carried out in Bhaktapur and Kabhrepalanchok district. The study found that compensation, job environment, training and development have significant impact on employee engagement in Nepalese microfinance institutions, but leadership and recognition have not significant impact on employee engagement in Nepalese microfinance institutions

Keywords: Employee Engagement, Microfinance Institutions, Nepal

PROSPECTS OF TRADE MANAGEMENT SYSTEM IN NEPALESE STOCK MARKET

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ABSTRACT

Purpose: Nepal Stock Exchange Limited (NEPSE) is only a secondary market in Nepal. After almost three decades of its establishment, the NEPSE trading system turned fully automated on January 17, 2021. Thus, this paper attempts to get opinions from the TMS users about its performance by identify the main barriers to TMS faced by investors while using TMS.

Method: The research design used in this study is an explanatory research design. The signaling theory was being employed to conduct this study. The data was collected using a non-probability sampling approach. The study location for this research was the Kathmandu valley, and the data was analyzed using structural questions and the KOBO toolbox, with Structural Equation Modeling being utilized to assess the relationship.

Result: The findings of the research indicate that most respondents believed that technological factors contributed to online trading problems. Many investors believe the NEPSE should oversee finding a solution to the online trading system problem. As per study it can be make effective by developing and simplifying application through proper communication to general public.

Conclusion: Investors' perceptions of trade management system possibilities were examined, and it was discovered that online trading would emerge as a more reliable investment platform and will provide large-scale investment possibilities. Furthermore, net trading ensures that securities regulation objectives such as the formation of an efficient market to fulfill global criteria and investor protection are met.

Recommendation: Based on finding and conclusion of the study it is recommend that the regularity body should assess and it can be making more effective by developing and simplifying TMS application, proper communication to general public, transparency in calculation of trade, instant debit and credit transaction.

JEL Classification: G11, G12, G14, and C12.

Keywords: Stock Market, Stock Trading, Trade management system (TMS)

MAHATMABAPUSINGA: THE CONCEPTUALIZATION OF EMOTIONAL EDUCATION

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Abstract

Religious epics, classics and periodic pieces on Lord Narasimha Swami talk about human emotions, existence spirited by the nuances of the supernatural elements have always left pages for the unsolved magic for generations to awe about. The tale of the Lord profusely talks about emotional journey of hope, love, magic, God and belief, which are predominantly portrayed as the heroes of the tales letting the protagonists solve their situations by bringing these feelings to overplay. Its intriguingly inspiring to understand this virtuously valiant avatar of Lord Vishnu as an embodiment of emotional education. Its blissfully astonishing to understand the power, courage, confidence of the valiant Lord in establishing moral values and righteousness and likewise the affluent showering of love, hope, empathy, leave us spell bound at the armors of qualities that the Lord depicts. The victory of good over bad is intricately driven from the ecosystem of individuals to becoming the fight within oneself, within one's mind. Interweaving emotional intelligence into the epics and describing the legends, the victory of deva (good) gunas (qualities) over asura (bad) gunas has to be established. Similarly, the perennial philosophies of Mahatma Gandhi have instituted deva gunas in preaching and practice. Erasing the barriers of time, magic, reality, superstitions, the attributes of Emotional Education have to be envisioned.

UNDERSTANDING THE MIND BEHIND WORLD HAPPENINGS

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Abstract

Progress, innovation, development, research, discoveries, invention originate from human mind. Ironically terrorism, hatred, narcissism, racism also start from catastrophic thoughts and mind. Studying and Conceptualizing mind from a third person perspective allows to sublime and traverse directly into levels of polarized emotions, understand, analyze, prioritize and weigh the consequences. Emotional education helps in personality development, improves stability/balance of thoughts and emotions, instigates optimal blend of objective and subjective outlook and promotes the sustenance of organized mind. Just as how the mind is trained towards solving scientific, logical, and mathematical problems, similarly emotional education helps to train the mind to deal with social, emotional, problems and to learn people, mindsets, relationships in an optimistic perception.

PEACE AS THE EPICENTER OF NEWS AGENCIES

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Abstract

News and information have become colossal, discrete and opinionated. In the contemporary social settings of digitalization and automation, there is a need to reorient and reinstitute the guidelines of press and media to contemplate and restore the credibility of the institutions of information. Objectivity, organization and resourcefulness of media houses can be ensured by establishing peace, ethics, and accountability as the epicenter of news agencies. With digitalization and new media multiplying the possibilities of news acquisition, every word spoken, written, every audio-visual information shown and spread has to be carefully presented not only in terms of credibility of news, but also the vocabulary, jargon, used has to be neutral and reflecting positive sentiments rather than hate speech, or provoking statements.

STRATEGIC PROGRESSION OF MEDICATIONS AND / OR PSYCHOTHERAPY TO ADMINISTER DEPRESSION IN PRIME CARE

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Abstract

Efforts to improve the management of depression and other common mental disorders in prime care have focused on screening, education of primary care providers, development of treatment guidelines, and referral to mental health specialty care. Successful management of depression in prime care settings is particularly important considering complex interactions between mental and physical health. A simple question 'Do you often feel sad or depressed?' to which the patient is required to answer either 'yes' or 'no' was tested in a sample of medically ill patients in the community and had a sensitivity of 69% and a specificity of 90%. The Patient Health Questionnaire-2 (PHQ-2) consists of two questions about depressed mood: (a) 'during the past weeks have you often been bothered by feeling down, depressed, or hopeless?' And (b) 'during the past month have you often been bothered by little interest or pleasure in doing things. Such brief screening tools can be easily administered by physicians during a primary care visit. Positive response to these questionnaires should alert the primary care provider to further evaluate the patient for depression. Not all depressed patients will answer positively to these questionnaires. To address the possible 'false negatives,' clinicians may wish to ask additional questions about depressive symptoms for patients who appear depressed, who have a difficulty engaging in care, or whose functional impairment seems inconsistent with objective medical illness. The Sequenced Treatment Alternatives to Relieve Depression (STAR*D) study, sponsored by the National Institute of Mental Health, confirmed that several sequential treatment steps are often needed to obtain remission. Those who do not respond to the "first step" of a step-up treatment approach can be more easily identified when patient responses can be documented within 4 to 6 weeks of initiating medications or 8 to 12 weeks of initiating psychotherapy. These patients can then be moved to the next step, which may involve a simple change of medication or the referral to a mental health professional. The PHQ-9 is a validated and reliable tool that the primary care physician can use to diagnose and treat depression and to monitor progress. A score of 10 or higher is used as the cutoff for a clinical diagnosis of depression and as an indication of the need to begin therapy. However, the PHQ-9 is intended only as a tool to facilitate clinical decision making and does not replace sound medical judgment. The goal of the initial

treatment phase is to achieve remission either by pharmacotherapy, psychotherapy, or a combination of modalities. Continuation and maintenance phases aim at preventing relapse and lifelong recurrence; the PHQ-9 score can guide clinicians on treatment modifications and the need for referrals for psychiatric evaluation. Frequent follow-ups have been associated with better outcomes; 3 contacts within the 12 weeks after initial diagnosis are considered ideal. Decisions regarding screening and follow-up—i.e., where, how, and by whom the follow-up will be conducted—will be made by practices on the basis of their individual needs. The collaborative care model appears to be the most effective for depression management in primary care and addresses system weaknesses, particularly those associated with follow-up care. In screening for depression, clinicians should particularly assess for suicidal risk; certain factors can help identify those at imminent risk of suicide. Ultimately, success in depression management largely depends on patient participation and self-activation.

Keywords: Patient Health Questionnaire-2 (PHQ-2), Peace, Sequenced Treatment Alternatives to Relieve Depression (STAR*D)

IMPLEMENTATION SENSORY INTEGRATION STIMULATION ACTIVITIES TO IMPROVE ON-TASK BEHAVIOUR FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

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Abstract

The aim of this study is to assess sensory integration activities on-task behaviour of children with ASD. Four children diagnosed with Autism Spectrum Disorder (ASD) participated in this study. All the children went through 10 sensory integration activities that included tactile, visual, auditory, olfactory and gustation senses. A special education teacher conducted an English lesson with sensory integration activities and the children behaviours were scored with sensory integration checklist and on-task behaviour checklist. The sensory integration activities had a positive impact on children with ASD in that the children managed to overcome their sensory needs and there was a less restrictive learning environment to improve their on-task behavior. The frequency of sensory integration activities may influence the outcome of behavior and sensory motor performance.

Keywords: Sensory Integration Activities, On-Task Behaviour, Children with ASD.

EXPLORE PARENTAL SATISFACTION ON INCLUSIVE AND NON-INCLUSIVE EDUCATION IN MAINSTREAM SCHOOLS FOR STUDENTS AUTISM SPECTRUM DISORDER IN MALAYSIA

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Abstract

The increasing number of children with autism increases the demand for education in Malaysia. Given the different types of education placements available in Malaysia, finding a suitable type of education that could satisfy parents can be difficult. The purpose of this study is to identify the level of parental satisfaction towards inclusive and non-inclusive education for pupils with ASD in public and private schools or centers; and also to obtain feedback from parents on how to improve inclusive and non-inclusive education for children with ASD that will lead to parental satisfaction. The design of the study is a mix method design where the quantitative data is collected using a questionnaire developed by the researcher that is adapted by the PSP (Parental Satisfaction Scale), and data was collected from 120 parents from the inclusive and non-inclusive education setting. The qualitative data is collected through an interviewing 10 parents from both education setting. Findings from the quantitative data show that parental satisfaction from both inclusive and non-inclusive education setting is high. However, parental satisfaction for inclusive education was slightly higher compared to non-inclusive education. The researcher was also able to identify a few common themes that affects parental satisfaction and also identified some new ones from the data collected from the interview. Higher levels of satisfaction for parental satisfaction is higher for inclusive education could be due to the goals that parents have for placing their child in an inclusive education setting. However, the ability to enter mainstream education would not determine the pupil's readiness for school and could form problems in the process of obtaining education.

Keywords: Inclusive education, Non-Inclusive education, Parental Satisfaction, Pupils with Autism Spectrum Disorder

IMPACT OF INTERNAL SOCIAL RESPONSIBILITY ON EMPLOYEE PERFORMANCE IN COMMUNITY CAMPUS

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Abstract

The objective of the study is to analyse the impact of internal social responsibility on employee performance in community campus. Internal social responsibility is taken as independent variable referring namely, training and development, work-life balance, health and safety, organizational justice and workplace diversity and employee performance as dependent variable. Descriptive and casual comparative research design was used in this study. Purposive sampling technique was used to obtain sample size of 128 faculties. The study used structure questionnaires as a tool for data collection. To analyse the data, descriptive and inferential statistics were used. The study found that training and development, work-life balance, health and safety and workplace diversity have positive and significant impact but organizational justice has not positive impact on employee performance in community campus.

Keywords: Internal Social Responsibility, Employee Performance, Community Campus.

A STUDY OF ANGER EDUCATION IN NEPAL

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Abstract

Anger is a strong human emotion that can often become dysfunctional leading to aggression and conflict in human relationships. The aim of the present paper is to evaluate the effectiveness of an intervention developed by Dr. Dean Van Leuven and colleagues using an anger scale developed by the same author. This will be initiated with a literature review concerning anger and anger cognition, followed by the results of the Life Without Anger (LWA) educational curriculum having been presented to 7th grade students throughout various schools in Nepal. It is believed by the authors that targeted education regarding anger cognition will have a positive outcome on students who participate in the curriculum.

Keywords: Anger, Emotional Intelligence, Life Without Anger, Emotional Education, Peace, Feelings, Expression

IMPACT OF DIGITAL MARKETING TOOLS ON BUILDING BRAND AWARENESS

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Abstract

Advancements and widespread use of internet technologies ushered in a major shift in marketing, resulting in the development of a new approach known as Digital Marketing. With the digital marketing tools becoming so popular among users, digital marketers increasingly find it easier to engage people in their marketing activities, as customers are already spending most of their time in the virtual world. Therefore, the present study focuses on examining the impact of digital marketing tools of lifestyle products on building brand awareness among digitally aware youth of Kathmandu Metropolitan City, with Keller's brand equity model and Aaker's brand equity model as the reference theories. As brand awareness theories explain the customer's capability to identify or remember a brand in its product group, the present study has encompassed content marketing, retargeting and social media marketing as independent variables, and brand awareness as a dependent variable. Based on the data survey administered on 128 respondents using a convenience sampling method and a structured questionnaire containing the items from past studies of Keller, Aaker and others. The research designs incorporated in the study are descriptive, relational, and causal in nature. The findings revealed that content marketing, retargeting and social media marketing have significant impact on brand awareness among youths of Kathmandu for lifestyle products.

Keywords: Brand awareness, content marketing, retargeting, social media marketing

RELATION BETWEEN MINDFULNESS AND PSYCHOLOGICAL DISTRESS AMONG THE YOUNG ADULTS OF BANGLADESH: *THE MODERATING ROLE OF COGNITIVE PSYCHOLOGICAL EMOTION REGULATION*

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Abstract

Identifying psychological distress has been difficult in the Bangladeshi population because of the stigma surrounding mental health. Yet, it is evident that psychological problems are prevalent in the population. Emotion regulation and mindfulness can improve one's psychological functioning and mental peace and prevent psychopathology. It is vital to establish findings about emotion regulation and mindfulness as both can enhance long-term well-being. Therefore, the present study investigated the moderating role of emotion regulation strategies in the relationship between psychological distress and mindfulness among the Bangladeshi young adult population and how CER moderates the relationship. The Bangla versions of three questionnaires, namely the Cognitive Emotion Regulation Questionnaire (CERQ), Mindfulness Attention Awareness Scale (MAAS), and the Kessler Psychological Distress (K6) Scale, were used and packaged into a Google form. It was administered online to a sample of 210 Bangladeshi young adults aged from 18 to 25 years. Pearson product-moment correlation showed a significant negative relationship between psychological distress and mindfulness ($r = -.38, p < 0.01$). Furthermore, correlations also revealed that mindfulness was associated negatively with maladaptive strategies ($r = -.23, p < 0.01$), and positively with adaptive strategies ($r = .22, p < 0.01$). Hierarchical regression analysis expressed how maladaptive and adaptive strategies moderated the relationship between the two key variables. The patterns were analyzed using Modgraph, and the findings were interpreted in light of previous literature.

Keywords: Psychological distress, mindfulness, cognitive emotion regulation, peace

SOCIO-ECONOMIC AND ENVIRONMENTAL IMPACT OF ECOTOURISM IN NEPAL

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Abstract

Nepal is a very rich country in terms of its natural beauty and cultural diversity which have provided an enormous opportunity for tourism. Ecotourism helps to enhance natural resources and biodiversity, preserve local cultures, and alleviate poverty through ethical and responsible approach of development. Acknowledging its potential benefits, Nepal has promoted ecotourism as a strategy to attract foreign capital particularly by showing indigenous culture, heritage and environmental resources to the tourists. However, ecotourism has also demonstrated its shortcomings that have caused environmental damage and socio-cultural problems. In this context, this paper aims to critically review the impacts of eco-tourism on socio-economic and environmental aspects in Nepal. This study is based on the review of various related literature works published in recognised journals and other research theses/reports. The study concludes that ecotourism is crucial for natural resource management, biodiversity conservation, and increase in greenery in Nepal. It is a major contributor to Nepal's economy and helps in economic development and poverty alleviation. Also, it has made significant contribution to rural development, agricultural transformation, community enrichment and social empowerment. However, it consumes scarce resources, produces wastes, requires specific infrastructure, and increases pollution. In addition, it may increase alcoholism, and creates adverse impact on local traditional cultures and makes local lifestyle vulnerable to Western influence.

Keywords: destination, diversity, ecotourism, ecotourist, local culture

EFFECT OF INTRINSIC REWARDS ON EMPLOYEE PERFORMANCE: A CASE OF TRIBHUVAN UNIVERSITY LECTURERS

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Abstract

This paper aims to explore the various forms of non-monetary reward and determinants for employee performance. Primary data are used to quest the impact on T.U. faculty members. Intrinsic reward-variables considered to be independent variables and employee performance as dependent variables. Structural questionnaires are used. Descriptive analysis came in research design.

Keywords: intrinsic rewards, employee performance, recognition, autonomy, non-monetary.

GRADUATE STUDENT'S PERCEPTION ON EFFECTIVENESS OF VIRTUAL EDUCATION DURING COVID-19 IN KATHMANDU VALLEY

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Abstract

Purpose: The main concern of this study is how student's take online class during the period of the pandemic. Educational institutes across the world have closed due to the COVID-19 pandemic jeopardizing the academic calendars. To maintain the academic activities, most educational institutions have turned to online form of learning.

Objective: The study to examine effectiveness of virtual education on the satisfaction and performance of the students during COVID-19 pandemic in Kathmandu valley.

Methods: Using a purposive sampling method, data were collected on a sample of 203 students pursuing graduate level from management college in Kathmandu valley. The survey was conducted using online questionnaires, perceptions on effectiveness of virtual education using descriptive and inferential analysis for data analysis. Questionnaire was designed to collect the data and were entered in a KOBO Toolbox. SEM was used to analyze the data.

Result: Result shows that, majority of the student evinced a positive towards online class. Due to a lack of training and familiarity with new information technologies, students are dissatisfied with the quality of the instructor. Student satisfaction has mediating effect on student performances. Moreover, course design, prompt feedback of student and student's expectations has significant impact on student satisfaction.

Conclusion: The study concluded that although students reported positive attitude towards online class, there are serious challenges of electricity power cut, difficulty concentrating, lack of access technology and lack of instructor knowledge. College must have created such platform effective communication between college and student also well-established IT infrastructure for the smooth operation of online classes.

JEL Classification: D83, I20, L86, A23

Keywords: COVID-19, Virtual Education, Management Student, Effectiveness, Graduate Students Perception

ASSESSMENT OF FACTORS INFLUENCING EMPLOYEES WORK-LIFE BALANCE IN COMMERCIAL BANKS OF KATHMANDU VALLEY

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Abstract

Purpose: Work-life balance is a worldwide phenomenon that has long been a major topic due to its enormous impact on job satisfaction, time management, stress management, and other significant aspects of day to day life of human beings. This study aims to analyze assessment of factors influencing employees work-life balance in the commercial banks of Kathmandu valley.

Design/ Methodology: The Explanatory research design was adopted and data was collected using structured questionnaires. The data was evaluated quantitatively by using both descriptive and inferential statistics. SEM was applied to analyze the relationships from sample of 264 responses.

Findings: Personal predictors, Organizational predictors, and Life satisfaction have a significant relationship with Work-Life Balance. whereas, Life satisfaction plays a mediating role that has partial mediation relationship between Dependent variable (Work-Life Balance) and independent variables (Personal predictors and Organizational predictors)

Conclusion: Based on the finding of the study, the research concludes that there is no flexible time for work in the commercial banks. The study shows that there is long working hours in commercial banks. Commercial banks should reduce work pressure, maintain positive working environment, discourage overtime culture, in order to improve work-life balance.

Recommendation: The recommendation for improving work-life balance are schedule flexibility, reduce work overload and revising organizational policies.

Practical Implication: This study will be beneficial for concerned authorities like commercial banks, bankers, institutions connected with banks and other individuals related to banking services. They will be able to get insights into the studied area.

Originality: This research is original and there is no conflict of interest with respect to research and publication of this research.

JEL Classification: E24, F68, G21, O25

Keywords: Work-Life Balance, Personal Predictors, Organizational Predictors, Life Satisfaction, Employees, Bank, Structural Equation Modeling

UNDERSTANDING CUSTOMERS ATTITUDE TOWARDS MOBILE COMMERCE ADOPTION IN KATHMANDU VALLEY

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Abstract

Purpose: Recently, there has been an increasing awareness among consumers or people about the need of understanding customers' attitudes on mobile commerce adoption. This study looks at how customers in the Kathmandu valley of Nepal, one of the most polluted cities in South Asia, use mobile commerce, as well as their perceptions of ease of use, usefulness, cost, trust, risk, social influence, and variety of mobile commerce services.

Design/methodology /approach: This study adopts Technology Acceptance Model (TAM) and explanatory research methodology to determine the causal relationship between variables. Both descriptive and inferential statistics were used to examine the data quantitatively. The associations between the 288 responses were analyzed using SEM.

Findings: The study's findings reveal that Perceived Trust (PT), perceived risk, perceived cost, and social influence have no bearing on mobile commerce uptake. In terms of TAM theory, this observation is theoretically relevant.

Conclusion: Mobile commerce is unquestionably a step in the direction of sound corporate governance. Mobile commerce is driving the paradigm shift from management to governance. An awareness of the characteristics and distinctive features of wireless electronic channels that are value-adding from the consumer's perspective must be created in order to help business decision-making, investment decisions, and the creation of purposeful mobile services.

Recommendation: A number of business opportunities and grand challenges of bringing forth viable and robust wireless technologies ahead for fully realizing the enormous strength of m-commerce in this Internet era and thus meeting both the basic requirements and advanced expectations of mobile users and providers are notable recommendations for successful adoption of mobile commerce.

Research Limitation/Implication: This study's broadness is limited to Kathmandu Valley clients specifically. Other variables should be included in future studies to better understand client sentiments toward mobile commerce adoption (MA).

Originality: In the Nepalese context, this is one of the first attempts to examine and report on customer attitudes toward mobile commerce. To the best of the authors' knowledge, no research has been done on customer sentiments concerning mobile commerce.

JEL Classification: D23, F13, L82, L86

Keywords: Mobile Commerce, TAM, Variety of service, perceived usefulness, Customers.

REVIEW ARTICLE ON SUCCESS OF OTT PLATFORM AMONG GENERATION Z IN INDIA

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Abstract

With emergence of generation Z and pre-dominance of digital media post COVID-19 acceptance of OTT platform has experienced exponential growth in India. The restriction of government to operate screens across nation has accelerated the growth rate of OTT platform. Streaming comfort, availability of latest video content, cost and preference etc are witnessing huge surge of platform among generation Z. Since 2013 global revenue of platform is reached to over \$205,565 million in 2022 with contribution of \$2,673 million from India. With the advancement in IT sector and launch of 5G technology, the long-term perspective of online platform is blazing as the generation Z will provide better capability with advanced systems. However, this review article explores the success of OTT platform and understanding various factors affecting the popularity of OTT services among millennial consumers. The important viewers for OTT businesses are millennial consumers who are grown up in this digital era and they do not wait for TV shows, movies to air on television.

Therefore, this research is attempted to understand why OTT platforms are affecting the entertainment habits of Gen Z. The secondary data will help to evaluate the factors under this research. This review paper also will facilitate the corporations to understand broad perspective of adopting OTT services in various business models. An article will also evaluate the motives of consumer's preferences for OTT platform and final adoption in India.

Keywords: OTT Platforms, Generation Z, Millennial Consumers, Online Streaming

EXPLORING THE DETERMINANTS OF STUDENT LEARNING STYLE COMPATIBILITY WITH OFFLINE / ONLINE LEARNING METHODS FOR MANAGEMENT COURSES IN INDIA

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Abstract

Every student is unique and possesses different learning style to collect, store and retrieve the information stored in his or her mind. Students usually practice preparing notes, reading different study materials, use different sources to gather information, sometimes use graph, diagram, flow charts etc to develop understanding. Over the years paradigm shift has taken place from teaching to learning and various researchers had contributed to developed scientific teaching learning processes and methods that not only engage students but also develop better understanding of subject matter. As each of a subject is different hence require different style of teaching method viz a viz each of a learner is different hence a specific method used for certain subject may be suitable for one but may not be for others. With the advancement of technology on-line learning provides sophisticated learning environment, refined course content, scientific teaching methodology, committed participants, well equipped subject experts, virtual course instructors and so forth. Since no learning style fits all students, scientists have conducted research in order to understand the approach students learn new information best. Still the adoption rate of online courses is discouraging despite of various benefits to online student. The objective of article is to explore the determining factors responsible for evaluating the individual learning style of student and their compatibility with learning method either offline / on-line. Article tries to address the issue, and provide the self-evaluating technique to determine the method of learning management course with compatibility of learning style of individual.

Keywords: Learning Style, Online Learning, Management Course, Self Evaluating Methods

JOB INSECURITY AS A BARRIER TO WORK ENGAGEMENT DURING PANDEMIC COVID-19: WORK-FAMILY INTERFACE AS A MODERATOR

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Abstract

Background: The upheaval induced by the COVID-19 pandemic has resulted in job insecurity, which may lead the employees to less engagement with their work. Drawing upon the role stress theory, we postulated that the detrimental impact of job security on employee engagement can be further attenuated by the employee's work-family interface.

Purpose(s)/Objective(s): The study aimed to examine the moderating role of the work-family interface in the relationship between job insecurity and job engagement.

Methodology: Data was obtained from 284 employees in Malaysia via a self-administered questionnaire. Three instruments were used in this study, namely the job insecurity scale, job engagement scale, and work-family interface scale (WFIS).

Results: Two main results were found. First, job insecurity negatively affected job engagement. Second, the negative impact of job insecurity on job engagement can be attenuated by the negative work-to-family interface, positive work-to-family interface, and positive family-to-work interface.

Conclusions: Although the COVID-19 pandemic has been moved to an endemic, employees' job insecurity remains high due to Malaysia's unstable economic and political conditions. Based on the study's findings, we found that effective work-family inferences can minimise the negative impact of job insecurity on job engagement.

Keywords: Job insecurity, job engagement, work-family interface, COVID-19 pandemic.

THE IMPORTANCE OF ASHTANGA YOGA AND ASHTANGIK MARGA IN MODERN SOCIETY

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Abstract

The importance of Ashtanga Yoga (Eight limbs of yoga) and Astangik marga (Eight fold Nobel path) is increasing day by day in this stressful modern life. People of this earth planet want to get good health, wealth, peace, balance, harmony, happiness and liberation but how the best way is to apply eight limbs of yoga and eight fold nobel path. Ashtanga Yoga and Ashtangik Marga both shows right path of life. Both of them help us to minimize suffering and maximize happiness in our everyday life. More than this, both of them help us to get ultimate liberation.

Keywords: Ashtanga yoga, Ashtangik marga, health, peace, happiness, liberation

THE PSYCHOLOGICAL WELL-BEING AND COPING STRATEGIES OF THE FORCEFULLY DISPLACED MYANMAR CITIZENS (ROHINGYA REFUGEES): A PILOT STUDY

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Abstract

Despite the immensity and severity of the Rohingya refugee crisis, information on their psychological well-being and coping mechanisms are limited. This work aims to synthesize research on the mental health and coping strategies of Rohingya refugees. Forty-four purposively sampled refugees completed a cross-sectional survey in the form of a structured interview, providing demographic information as well as responses on the Bangla Psychological well-being measure and the Bangla coping scale. The mean score for respondents' psychological well-being was 246.9 (SD = 25.39), while the mean score for adaptive coping was 35.93 (SD = 4.64) and the mean score for non-adaptive coping was 26.29 (SD = 3.76). Results showed a statistically significant difference ($t = -2.185$, $p < .05$) in adaptive coping scores between single/unmarried and married participants. Awareness of past traumatic experiences needs to be harmonized with consideration of existing stressors and factors pertaining to future concerns. It is imperative to construct mental health interventions for increasing mental peace among Rohingya refugees by mobilizing their individual and community capabilities.

Keywords: refugee, psychological well-being, adaptive coping, non-adaptive coping, peace

INTERRELATIONSHIP BETWEEN PEACE STUDY AND WELL SCHOOL MANAGEMENT

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Abstract

Peace study is related to the terms which are necessary in maintaining the peace and security around the human's environment as well as in organization also. Today in our modern and scientific world there are different types of organization which are equally important to human beings according to the condition and requirements in every stage of life. Among them school is also one of them. So, school needs well management.

This study focuses the variables or the terms that are related to peace study which is necessary for well school management. This research shows that there is direct relationship between peace study and good school management. The theoretical model of this research was based on discipline management, academic management and relationship management. The study adopted the quantitative method where data were collected through distributed questionnaire in 100 samples. IBM SPSS statistics 24 was used for the analysis of collected data. Descriptive analysis was conducted to describe and understand the feature specific data where inferential statistics was employed to establish the relationship among the variables and to test the proposed hypothesis.

The findings of the study showed that peace study and well school management is directly interrelated as significant relationship is established. Finally, this study also provides guideline for educational institute management.

DETERMINANTS OF INVESTORS' DECISION IN SECONDARY SHARE MARKET IN BHAKTAPUR MUNICIPALITY

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Abstract

Purpose: An investment decision is a complex cognitive process that varies from one investor to the next. Financial decision-makers must understand behavioral processes and outcomes thoroughly. Behavioral finance is the study of the impact of psychology on the behavior of investors and financial analysts. The impact of psychology on financial practitioners' behavior is a rapidly developing area of behavioral finance. Investors will benefit from recognizing common tendencies, which will allow them to explain their reactions. This study will attempt to fill a research gap by investigating the determinants of the NEPSE index using data from Nepal's stock market. The study's main goal is to investigate the factors that influence customer investment decisions in the secondary share market.

Design/Methodology: The study is related to Heuristic theory, which states that investors take shortcuts to simplify the assessment of probabilities in a decision-making process. A theory is proposed that is thought to best fit the relevant data available at the time, so it is appropriate among available theories. The explanatory research design was used in this study to demonstrate the relationship between Heuristic availability bias and investors decision making process mediating risk tolerance factor in Bhaktapur municipality. Because the population for the study is unknown, a non-probability sampling technique was used to select the sample population. It used a convenient sampling technique, and a total of 311 respondents were interviewed using a structural questionnaire, where data is collected by using the KOBO Toolbox. Using SPSS and SPSS AMOS software, structural equation modeling is used to identify the behavioral factors that influence investor decision making in the secondary share market.

Findings: This study's 311 respondents are made up of 187 (60.13%) men and 124 (39.87%) women. The financial aid for stock trading is managed through a variety of different investor inflows. The number of TMS accounts held by investors in their family is only limited in terms of registration as only few are used for trading. According to the

study, the majority of stock investors are between the ages of 26 and 35, with 60.45% married and the remainder unmarried. According to the study, 84.57% of respondents have no prior experience of training with the stock market. The majority of investors annually invest Rs1-5 lakh in the secondary share market. The majority of TMS investors, 62.7%, have one to five years of experience. Financial assistance for stock trading is managed through a variety of different investor inflows. When profit margins are high, 276 (88.75%) of investors sell their shares, while 3 (0.96%) sell when company fundamentals deteriorate. Additionally, SEM results show that Heuristic availability bias and Risk Tolerance have a significant relationship with the Investment Decision Making Process. Furthermore, risk tolerance serves as a bridge between heuristic availability bias and investment decision making.

Conclusion: According to the study, the majority of respondents have no prior experience with stock market training. They are aware of the secondary share market as a result of their ups and downs. The Investment Decision Making is highly influenced by heuristic availability bias and risk tolerance, but lack of intraday trading, delayed amount settlement, and a poor online trading system has been affecting traders' decision rigorously. Thus, launching an awareness campaign and developing rules and regulations ensures the smooth operation of the Nepalese secondary share market.

Keywords: Investment Decision Making, Heuristic Availability Bias, Risk Tolerance, secondary share market, Investors Behaviors

HOW TO ACT FOR PEACE BUILDING IN POST-WAR ZONE

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Abstract

War in the country has forced many Families into IDP camps. And some Children been involved in force army and militias group as child soldier. The unlucky died, were injured or disabled. With women and our sister were raped in presence of their husband and other families' members.

With the war children have lost their childhood. They have been made perpetrator and victims. Several mothers and sisters from villages where militias groups occupant, they are living shame life because of what happened to them.\

The people of the eastern Democratic of Congo have been subject to a great deal of psychological traumatization. This has come from the violence of the wars and genocide that have taken place over a long period of time. Further, because of the genocide in Rwanda, the region has been hosting to a very large number of refugees.

There has been a great deal of torture and of sexual violence in the region, and there are indications that some 94% of the female population and some 68% of the male population have been sexually assaulted at one point or another.

Further, there is a large number of former soldiers in the region, of whom a substantial number were child soldiers.

Acts

1. Important of Organizing social dialogues
2. Communities to be part of the solutions
3. Needing for continue with Sensitization for peace via media and posts with workshops;
4. Organizing professional training for demobilized people from militias groups;
5. Important of Outcome for Peacebuilding's plans
6. Scholarship, Entrepreneurship with empowering

Keywords: Peace education, responding to ocean of needs that was created by the wars and violence, empowerment for the communities, rebuild the communities Emotional Intelligence, EQ, learning and making steps

EFFECT OF YELLOW JOURNALISM ON THE MENTAL HEALTH OF AN INDIVIDUAL AND HOW IT AFFECTS THE PEACE OF THE SOCIETY

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Abstract

Yellow Journalism is a means of publishing news in such a way that attracts a large number of readers with an aim of increasing the circulation of the newspaper. This is a kind of journalism where the news is published without any proof. The main aim of yellow journalism is to gather the attention of people in the society. The news circulating on social media websites like Facebook and Twitter are examples of yellow journalism. The prime effects of yellow journalism are the emergence of a culture of sensationalism, a change in social, political, and economic life, as well as a distorted mass media. Other impacts are gender discrimination, increased violence, and human security issues.

However, multiple studies carried out by eminent scientists around the globe have found a strong link between yellow journalism and an increasing risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Social media may promote negative experiences such as inadequacy about one's life or appearance, impacting readers, and damaging emotions. Distorted and demeaning images of mental illnesses when presented to the public shapes their attitudes and, in turn, influences their behavior. When those images are unfavourable and inaccurate, as they often are, they contribute to the stigma and discrimination that represent barriers to treatment and recovery.

In this paper, we will discuss the issues with yellow journalism and the design of a software application which will check fake news and generate an alert about the same. The app will be written in python language and will help in fighting the negative effects of yellow journalism.

Keywords: Yellow journalism, fake news, python, social media, peace, peace education, positive mental health

IDENTIFYING THE UNDERLYING CAUSES OF SO MUCH NEEDLESS CONFLICT AND SUFFERING, AND EDUCATIONAL EFFORTS WE CAN UNDERTAKE TO ADDRESS THOSE CAUSES AND FOSTER PEACE AT ALL LEVELS OF HUMAN INTERACTION

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Abstract

A major challenge for individuals, families, schools, businesses, countries and even the world has always been that human beings too often generate more emotion than is necessary or helpful in response to life events. Doing so leads to needless conflict, gives purpose to unhealthy behavior, and results in much needless suffering, and even death. They do that because they too often imagine threats where they don't exist and magnify ones that might be out of proportion to reality. They do that because 1) they wrongly believe that what others say and do, and what happens makes them feel the way they do, 2) they elevate simple wants, preferences and desires to needs, necessities and demands in their minds, 3) they choose to see as awful things that are simply unpleasant, inconvenient or uncomfortable, 4) they tell themselves they can't stand things they simply don't like, 5) they label and damn others and themselves. The late Dr. Albert Ellis used to say, "Therapy should be educational, and education can be very therapeutic." This paper will elaborate on these cognitive missteps and show how to correct them in simple ways in order to foster personal, interpersonal, professional, national and international peace.

Keywords: Emotional intelligence, REBT, Albert Ellis, education, personal growth, therapy, attitudes, behaviours

CORRELATION BETWEEN CHILDHOOD TRAUMA AND SUICIDAL IDEATION: ROLE OF MALTREATMENT AND FAMILY ENVIRONMENT

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Abstract

Your trauma is not your fault, but healing is your responsibility. The effect can remain through the decades, but healing is always possible. Trauma changes who we are and our ability to function as people. The aim of this paper is to give information on how intricate childhood trauma impacts various aspects of life. Awful things happen in life as children grow up. What's worse if the family becomes the reason for a child's trauma.

Family dynamics conclusively control how a child introspect themselves and the world and impact their relationships. Dysfunctional families have disadvantageous effects on child development. Children victimized in dysfunctional families grow up socially isolated, with emotional distress caused by repeated trauma, they keep embracing victimhood as their coping mechanism, with vital parts of their childhood missing. Dysfunctional families are predominantly the outcome of generational trauma, causing the generations to struggle with emotions. Because those who needed help never received it, the trauma continued.

According to the WHO, 3 in 4 children aged 2-4 years regularly suffer physical punishment and/or psychological violence at the hands of parents or caregiver.

Child maltreatment includes physical and sexual assaults which impact the mental health of a child and causes severe disability, post-traumatic stress, anxiety and depression.

Maltreatment causes stress that is associated with disruption in early brain development, as a result, maltreated children are at increased risk for behavioural, physical and mental health problems.

Excessive stress due to mental issues can lead to unusual and detrimental behaviour. Unresolved trauma makes the person hopeless and it'll increase the risks of person's life. When the brain cannot find peace anywhere, the suicidal ideation is born. No matter how catastrophizing your life is, every problem has a solution.

Keywords: Dysfunctional families, child emotional development, generational trauma, psychological violence, physical and sexual assault, suicidal ideation.

IMPACT OF MENTAL ILLNESS ON FAMILY MEMBERS AND MANAGEMENT OF STRESS

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Abstract

Stress, a word that is used so generally on a regular basis, physiological and psychological reaction of our body to demanding events but very few people understand what it can do to us. When an individual suffers from a mental illness, it is not only him who suffers but his family members too.

The present paper analyses the impact a mentally ill patient can have on other family members and how they learn to cope with the chronic stress. Mental illness has a knock-on effect on families causing tension, anger, unhappiness, and days full of tiredness and uncertainty. A sense of hopelessness prevails in them as they seem to see no ray of light in their beloved lives. One of the reasons for this hopelessness lies in the fact that they have less or no knowledge about effective coping strategies.

They need to learn how to cope with it, otherwise, they are at risk of harming their physical and psychological well-being. In the later section of the paper, these strategies are discussed. The first step to deal with it is to acknowledge and talk about the complications they are facing in their everyday lives without any hesitation or embarrassment to a Health Care Professional. Other strategies include exercising and meditation, connecting with supportive people, making time for activities they enjoy doing and so on. These strategies would be, however, fruitful only when there is a willingness to make the situation better.

Keywords: chronic stress, mental illness, family, well-being, hopelessness, coping strategies

MENTAL HEALTH AMONG TEENAGERS AND WHY THEY HARM THEMSELVES

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Abstract

Mental health is extremely important for teenagers or adolescents as they are constantly under pressure to excel at academics and sports or other co-curricular activities.

This pressure can take a massive toll on their mental health as well as your physical health. They may become a victim of depression or anxiety disorder which can be lifelong. I chose to research this topic because of the worsening mental health among teenagers and the need to advocate about it.

This paper discusses in detail about the different types of mental disorders among teenagers like emotional disorders, behavioural disorders, eating disorders and what parents can do to help their child to cope with these mental health issues.

We further discuss different factors or determinants that contribute to mental health problems among teenagers. How to cope with these mental illnesses and why or how self-harm does more damage than good.

I hope this research paper generates an interest among the readers and motivates them to delve deeper into this realm.

Keywords: mental health, mental disorders, treatment, promoting mental health, self-harm

IMPACT OF CASTE-BASED ORGANISATION IN AND OUT OF THAT CASTE IN LALITPUR METROPOLITAN AREA: A CASE OF THE JYAPU SOCIETY

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ABSTRACT

Jyapus are considered as first settlers of the Kathmandu valley but from middle age they have been exploited and suppressed. As an organisation, Jyapu Society (Jyapu Samaj) was established in 1994 in Lalitpur metropolitan area comprising of 40 areas/toles and member population of around 70 thousand with the objective to uplift Jyapu community people. This organisation is working in the field of economic upliftment, education, health, cultural preservation, maintaining peace, security and discipline in the community, curtail unsuitable traditional behaviours, bring unity among Jyapus and keep coordinated to other communities. In the descriptive study on impact of the Jyapu Samaj, the study finds two thirds of Jyapus realise the benefits from the Jyapu Samaj but about 30% Jyapus are sceptical about it. Further studies could pursue an inferential analysis on the specific issue of effectiveness of caste-based organisations.

KEYWORDS: Caste based organisation, economic impact, Jyapu community, Jyapu society

PSYCHOLOGICAL WELL-BEING OF PEOPLE WITH LATE BLINDNESS AND BY-BIRTH BLINDNESS

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Abstract

Psychological well-being refers to the positive and negative state of mind of the people. This research is done on the Carol ryff. Ryff's model is not based on merely feeling happy, but is based on Aristotle's Nicomachean Ethics, "where the goal of life isn't feeling good, but is instead about living virtuously".[4] Six factors are considered key elements of psychological well-being. Self-acceptance, Personal development, Meaning of life, Environmental mastery, autonomy, positive relationship with other. Late blindness refers to the loss of eye vision in their late life. It can be in adolescence, late childhood, adolescence, young age or in starting of middle age. People who lost their vision in early childhood and in ageing are not define as late blindness. By-birth blindness refers to people who has lost their vision in early childhood or lost in by-birth.

This research is a comparative study among the type of blindness. Total sample size is 53, in which 27 was of by-birth blindness and 26 was of late blindness. People from 18 to 47 age group was taken as a sampling unit for the research. As a sampling method, snowball sampling techniques was used. People with late blindness and by-birth blindness was taken as a sampling group for this study. To take sample of the sampling universe 18 item Ryff scale of psychological well-being question was used. Result of this research has found that by-birth blind people has slightly more psychological well-being then the people with late blindness. From the above result, Relationship between hypotheses and data collected from the sampling shows positive sign. However, the gap of the two comparative subject is not so wide which is as shown in the result.

Due to the rapid development of the technology and the dedicated plan and policy by the government, blind people has been upgrading and improving the lifestyle. Which is also reflected in this research. Much organization is also dedicating to improve the life of the blind people.

THE TRANSFORMATIVE POWER OF THE ENVIRONMENTAL RULE OF LAW: A COMPARATIVE ANALYSIS OF SOUTH ASIAN COUNTRIES

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Abstract

Over the last decades, environmental law has significantly contributed in limiting the environmental impacts at global and regional levels. Yet, environmental problems still prevail and are strongly linked to the production and consumption systems. Thus, the current challenges must be tackled with a systemic approach. The concept of "transformative environmental policy" refers to methods for policymakers to intervene in socioeconomic systems to make them more pro nature and pro public. In this backdrop we seek to identify the legal contributions that can be made to a sustainable transformation. For illustrative purpose, we point out the doable steps in comparative case study in the South Asian countries. We argue that law plays a role in all three phases of a transformation/transition. The legal framework must enable innovations and experiments in the first transformation phase, come up with restricting regulations for old non-sustainable structures in the second phase, and in the third phase provide course stability for the new system. We conclude that the concept of transformative environmental policy helps to design adaptations of the legal framework to transform socio-economic and socio-technical systems towards more sustainability. Hence, raising public awareness and providing legal assistance should be integral parts of this process. The State has a responsibility to ensure environmental justice by providing equal opportunities to access to justice for all and providing legal assistance to underprivileged section of the society is also a crucial requirement for that. Conservationists and social activists also have a crucial part to play in this process by bringing legal suits/PIL in environmental issues.

Key Words: *Environment, Judiciary, Sustainable and Judicial Attitude*

TRAINING NEEDS ANALYSIS FOR TRAINING REACTION: THE MEDIATING ROLE OF MOTIVATION TO LEARN

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Abstract

Ninety-four percent of training evaluation is based on trainees' reaction but rare research has been done on training reaction as a training outcome. Based on the evidence and phenomenology, the aim of this study is to examine the training reaction via training needs analysis and motivation to learn. The philosophical perspective of this study are multiple reality (ontology) and positivist epistemology. Descriptive research design was used to know the current status and casual research design was used for examining the impact among exogenous, intervening and endogenous constructs. In this study, reliability, exploratory and confirmatory factor analysis were checked by using 203 questionnaires and confirmed for acceptable reliability, validity and model fit of the constructs. For robust analysis, structural equation modeling was employed and to validate the finding, PROCESS macro and Sobel test were employed and found the similar results. The study found positive relationship among training needs analysis and motivation to learn; motivation to learn and training reaction; and training needs analysis and training reaction. Moreover, the study confirmed that motivation to learn mediates the relationship between training needs analysis and training reaction which concludes that the positive training reaction and motivation to learn are the expected outcomes from well-designed training program.

Keyword: Training needs analysis, motivation to learn, training reaction, mediating analysis, Structural equation modeling.

NEUROMARKETING: CURRENT STATUS AND MARKETING RESEARCH PERSPECTIVES

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Abstract

In the current global economy, neuromarketing is increasingly becoming a crucial marketing concern. The words neuroscience and marketing are combined to form the term "neuromarketing." This novel idea offers fresh perspectives and potent techniques for doing marketing research, particularly in the area of consumer analysis. The core idea of neuromarketing is closely tied to brain functions, comprehending consumers' subconscious minds, illuminating their preferences, motives, and expectations, and forecasting their behavior. While conventional marketing seeks to comprehend the psychology of human behavior, neuromarketing seeks to comprehend the biology. However, its purpose is to offer distinctive and complementary insights, not to replace conventional marketing strategies. This paper focuses on the growing field of neuromarketing and aims to explain the fundamental concepts of neuromarketing to ensure that its unexplored practical usefulness in marketing research can positively contribute to the field of marketing. Reviews of articles examining the application of neuromarketing strategies in the realm of marketing research were conducted. Important findings on the application of neuromarketing approaches, their drawbacks, and their consequences for marketing research are presented in this study. Therefore, by using scientific techniques to comprehend how customers react to marketing efforts, this review will assist researchers in further developing effective approaches, thereby enabling them to offer consumers better and more efficient services.

Key Words: *Neuromarketing; Neuroscience; Marketing Research; Consumer Behavior*

EFFECT OF ROUTINE RELIGIOUS PRAYER IN DEPRESSION LEVEL

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Abstract

Depression is an alarming mental health issue all over the world that severely affects individuals' standards of living healthy lives. It is also responsible for a massive number of deaths every year around the globe. Previous researches emphasize that prayer has a significant role in decreasing depression level; however, there was no specific data or emphasis on religious prayer and comparative differences between different religions' prayers. The survey method and simple random sampling method are used to collect data from different individuals of different religions who reside in Bangladesh and India. The results have shown that religious prayer has a significant positive effect on depression level; those who routinely maintain their religious prayer have significantly less depression than those who do not follow religious prayer.

Keywords: Prayer, Depression, Prayer and Depression, Mindfulness, Mental Health, Religion

ORGANIZATIONAL SOCIAL CAPITAL AND EMPLOYEE PRODUCTIVITY OF TRIBHUVAN UNIVERSITY, MANAGEMENT COLLEGES IN KATHMANDU VALLEY

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Abstract

Social Capital is one of the powerful intangible assets in an organization as it focuses on developing relationships and interaction between people to create valuable resources. Such interaction between people is an art of getting things done and important source of productivity in the organization. Thus, this study aimed to analyze the influence of Organizational Social Capital on Employee Productivity of Tribhuvan University, Management Colleges in Kathmandu Valley. This study adopted survey research, sample size of 287 respondents was determined using Krejcie & Morgan formula while stratified sampling was taken to gather the responses. Social Capital and Employee Productivity were measured with structured questionnaire. The collected responses were analyzed using correlation, multiple regression analysis and ANOVA. The finding of the study revealed that there is a direct positive significant relationship between social capital and employee productivity. The regression analysis showed that there is significant impact of social capital on employee productivity. Among three constructs of social capital (trust, supportive environment, work environment), supportive environment highly influences to the employee productivity. To, increase the productivity among employee of management colleges more attention should be given on supportive environment.

Keywords: *Organizational Social Capital, Employee Productivity, Management Colleges, Tribhuvan University*

HOW FARMERS AND EXTENSION WORKERS THINK OF AGRICULTURE EXTENSION SERVICE DELIVERY AT LOCAL GOVERNMENTS IN NEPAL? A CASE OF VEGETABLE FARMERS OF RAUTAHAT DISTRICT

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Abstract

With agriculture being the backbone of the country development, agricultural sector extension services play an important role in disseminating knowledge, technical skills, and agricultural information, and in linking farmers with other actors of the economy. This paper aims at assessing the perception of vegetable farmers and extension workers towards agricultural extension service delivery (AESD) system in local governments. Based on a descriptive design, the study used a purposive sampling technique in selecting the study area and the respondent sample and adopted a mixed method to AESD in local governments. Likert scales were used to measure the perception of farmers and extension workers of the AESD. The results found that extension workers thought positive about the legal framework and human resources of the AESD, while both extension workers and farmers positively evaluated the accountability aspect. The results conclude that to promote sustainable agricultural development, agricultural extension should be critically considered for developing agriculture policies of the country.

Key words: *Agricultural extension, Agricultural extension service delivery, Perception, Rautahat*

LONELINESS AND RELATIONSHIP SATISFACTION AMONG MARRIED COUPLES DURING COVID-19 PANDEMIC: RELATIONSHIP EFFICACY AS A MODERATOR

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Abstract

Background: The significant changes in daily routines of the COVID-19 pandemic have impacted relationship satisfaction among marital couples worldwide. Married couples who experienced loneliness during the COVID-19 pandemic may lead to low relationship satisfaction. However, relationship efficacy could buffer the direct association of loneliness with relationship satisfaction. **Objectives:** This study aimed to examine the relationship between loneliness and relationship satisfaction among married couples during the COVID-19 pandemic by using relationship efficacy as a moderator. **Methodology:** 150 married couples participated in the cross-sectional quantitative online survey. The self-administered questionnaires consisted of UCLA 3-item Loneliness Scale, Relationship Assessment Scale and Relationship Efficacy Measure. The present study employed Statistical Package for the Social Sciences (SPSS) software to analyse the data. **Results:** First, the findings revealed a negative association between loneliness and relationship satisfaction. Second, the moderation effect of relationship efficacy was significant in the association between loneliness and relationship satisfaction. **Conclusion:** The results supported the crucial role of relationship efficacy in a marital relationship. Ultimately, relationship efficacy can minimise the negative impact of loneliness on relationship satisfaction. In short, couples believing they can resolve conflict with their partners will like to promote better relationship satisfaction. This study also presents several practical and theoretical implications.

Keywords: Loneliness, Relationship efficacy, Relationship Satisfaction, Married Couples, COVID-19 pandemic.

CRIMINAL DETECTION USING FACE RECOGNITION

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Abstract

In the present context in Nepal, we can see many security cameras installed in public places. Whether it be on the main roads for traffic purposes or in the community for security purposes, the number of CCTV in public areas can be seen increasing. However, the footage on these cameras is rarely utilized except in the cases like accidents or theft. The advent of security technology can be much more useful than just for clips of accidents or theft. Many criminals who are accused of crimes and not known among the public freely roam around without being in the police's eyes. This system detects faces and recognizes such criminals who have been recorded but have successfully fled from law enforcement. This automated facial recognition system for criminal databases is proposed using the known Principal Component Analysis approach. As per the overall testing done during the system development, the system recognizes the criminal 88% of the time.

Keywords: Face Detection · Face Recognition · Haar Cascade · Eigenfaces · PCA

ROLE OF EMOTIONAL REGULATION IN PROMOTING MENTAL HEALTH AND WELLBEING: A SYSTEMATIC ANALYSIS

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Abstract

Stress proving circumstances often related with a variety of negative outcomes, including increased incidence of mental health disorders like anxiety disorder, major depressive disorder and PTSD. However, some individuals do not develop mental illness even when exposed to high levels of stress. This further indicates that an individual's feeling of excessive stress often depends on how that person elicits significant emotional responses to those stressors. Learning to regulate emotions is a crucial socio-emotional skill that allows flexibility in emotionally-evocative situations. Emotion regulation is the ability to exert control over one's own emotional state. Processes of emotion regulation have widely been recognized as transdiagnostic factor for numerous mental illnesses. The present article is a theoretical approach to examine the role of emotional regulation in reducing depression and stress and promoting mental health. The article also investigates how emotional regulation strategies of acceptance and reappraisal are positively related with wellbeing and how avoidance and rumination are negatively affected mental health and wellbeing of a person.

Keywords: Mental health, emotional regulation, well being