



WWA/EQ4Peace 11<sup>th</sup> Annual International Peace Conference | HYBRID.

**“Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Co-operative Management.”**

**Organized by:**

World Without Anger (WWA), EQ4Peace Worldwide Inc., USA &  
Global Peace Foundation (GPF) Nepal

**Co-organized by:** Nepal Open University (NOU)

**Hosted by:** Quest International College



Strategic Partner:



# Abstract Book

**Venue:**

Quest International College  
Gwarko, Lalitpur, Nepal

**Published by**

WWA Int'l Journal, Research Division

**Dates**

21-22 September 2024 (5-6 Ashoj 2081)



Quest  
International  
College  
Pokhara University Affiliated

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## Preface

The WWA 11th International Conference, themed “Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Cooperative Management,” has brought together leading minds to explore the intersection of emotional intelligence and positive psychology. This year’s conference delved into how emotional intelligence impacts optimism, well-being, happiness, creativity, and giftedness. As emotional intelligence continues to gain traction in clinical psychology, it draws from a broad spectrum of experiences in personality theories, cross-cultural learning, self-esteem, and cognitive therapy.

The conference highlighted the role of self-esteem in driving success across various emotional intelligence contexts and emphasized cooperative approaches as vital for promoting peace and harmony. The event integrated multiple disciplines, including education, gender studies, linguistics, transformational leadership, liberalism, and meditation, all with a focus on offering therapeutic support for children.

Participants from a global network of universities and countries—spanning Bangladesh, India, Belgium, Kenya, Malaysia, Nepal, Bulgaria, Uganda, the United Kingdom, and the United States—contributed their insights and research. With such a diverse range of contributors, the upcoming year promises even more international engagement.

The *World Without Anger International Journal* (ISSN: 2091-0398) serves as the official publication of World Without Anger (WWA), a non-profit organization committed to peace advocacy. This edition of the journal compiles peer-reviewed articles stemming from presentations at the international WWA conferences.

These articles offer a wide array of perspectives on issues ranging from emotional and anger management and organizational behavior to Buddhism, peace education, emotional education, management education and mental health. They also cover topics such as cooperation, human behavior, religion, emotional intelligence, gender issues, marketing, information technology, psychology, ethnicity, and cross-cultural challenges. The diverse backgrounds of the authors enrich the journal’s discourse, providing a multidisciplinary view on fostering equitable and positive social environments.

Since its inception in 2010, the WWA International Journal has been a platform for spreading the conference’s goal of global peace and harmony. We extend our heartfelt thanks to all attendees, colleagues, scholars, and professors for their invaluable contributions and ongoing support.

**Editors**



॥ Salutation To The Triple Gem ॥

# LUMBINI BUDDHIST UNIVERSITY

CENTRAL OFFICE

Lumbini, Nepal



Ref No.

Date :

09/10/2024

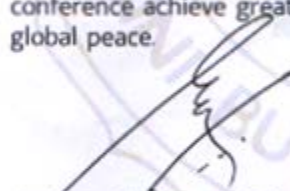
Subject: Congratulations and Best Wishes!!

Dear Valued Team of World Without Anger,

As you prepare for the 11th WWA/EQ4Peace International Peace Conference on "Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Cooperative Management," I would like to extend my heartfelt congratulations and best wishes for a successful and impactful event.

This conference marks a significant milestone in advancing the critical conversations around emotional intelligence, mental health, and cooperative management as pathways to global peace. Your efforts in organizing such a pivotal event are commendable, and I am confident that it will foster meaningful dialogues and innovative strategies for promoting peace worldwide.

Lumbini Buddhist University is proud to support this initiative and anticipates the valuable insights and collaborations that will arise from this gathering. Congratulations once again on this important endeavor, and may the conference achieve great success in inspiring positive change and advancing global peace.

  
Prof. Dr. Subarna Lal Bajracharya

Vice Chancellor



Estd. 2064 B.S.

"The Dean of Peace"

# World Without Anger (WWA) (क्रोधरहित संसार)

Dillibazar-33, Kathmandu, Nepal, G.P.O.Box: 13708, Tel: 977-1-44435779, 4434320

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S.W.C.: 24933  
PAN No: 302738395

## Message from the 11<sup>th</sup> International Conference Organizing Secretary

Esteemed Guests, Honored Speakers, Distinguished Awardee, Researchers and Dear Participants

Welcome to the 11th Annual International Conference on "Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Cooperative Management." We are honored to have Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor of Lumbini Buddhist University, as our chief guest, and Prof. Dr. Anand Kumar from IAHP India as our special guest of honor. Their presence greatly enriches our celebration of the International Day of Peace. I am also delighted to work with UNESCO Kathmandu as our strategic partner for this conference.

I am honored to acknowledge Professor Matt Perelstein, who tirelessly works in Emotional Intelligence Education to promote a peaceful world, and Prof. Dr. Murari Prasad Regmi, whose contributions to emotional well-being and peace are highly valued.

Today's conference features research papers focused on fostering global peace and prosperity. We are also celebrating "The Dean of International Peace Prize (DOIPP)" in recognition of the late Dr. Dean Van Leuven's work, renowned for his "Life Without Anger" theory. His innovative approach has significantly impacted the global movement for peace through emotional education.

We are excited to continue hosting the WWA/EQ4Peace Annual International Peace Conference every September, in alignment with the UN's International Day of Peace. Dr. Dean Van Leuven's legacy lives on through his transformative work, which has demonstrated remarkable results in emotional literacy programs both in Nepal and around the world. Studies have proven the effectiveness of these programs in reducing student anger and enhancing emotional health.

We also warmly welcome Deeanna Croasmun, Dr. Van Leuven's daughter, who joins us for the DOIPP Award Function today.

Thank you for your participation and dedication. Together, we are advancing towards a more peaceful and emotionally intelligent world.

Dess Mardan Basnet, PhD,  
11th WWA/EQ4Peace Annual Conference Organizing Secretary 21-22 September 2024  
Dess Mardan Basnet, Ph.D.  
Founder/President 11<sup>th</sup> Annual WWA/EQ4Peace Conference  
Organizing Secretary, 21-22 September 2024



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



Estd. 2064 B.S.

"The Dean of Peace"

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## Message from the Desk of the Chief Editor of WWA International Journal

In today's world, a decline in moral awareness and rising stress intolerance are evident, especially in urban settings. This often results in internal conflict and a perceived loss of conscience.

Extreme anger poses serious health risks, including heart attacks and sudden death. Managing anger through wisdom and seeking counseling for at least three months can be beneficial for those with volatile tempers. People also seek help for issues like shame, guilt, and anger, with shame often leading to anxiety and mild depression. Embracing regret constructively can help in such situations.

Managing anger and addressing unusual behaviors, like those related to schizophrenia and dissociative identity disorders, requires dedicated support. Young people experiencing intense sensory experiences also benefit from counseling and vocational training.

We warmly welcome all scholars, professors, and researchers joining us. May you enjoy the natural beauty of our surroundings—sun, moon, stars, flowers, birds, and flowing rivers. Wishing you personal and global peace.



**Prof. M.P. Regmi. D.Phil**

**Hall of Fame (July 31, 2011)**

**American Biographical Institute**

**WWA Research Division**

Date: September 21-22, 2024

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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**Faculty of Management and Law**  
Manbawan, Lalitpur, Nepal

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Ref. No.:

**Message from Chair of the 11<sup>th</sup> WWA International Conference**

Dear Distinguished Guests, Esteemed Scholars, Practitioners, and Participants,

It is a great honour and privilege to extend a warm welcome to you all as we gather for the 11th WWA International Conference. This significant event takes place in Nepal, the sacred birthplace of Lord Buddha, a symbol of peace, compassion, and wisdom. It is truly fitting that we convene here, as we explore the theme of "Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Behavioural and Cooperative Management."

In today's increasingly complex world, the need for peace and harmony, both within and among communities, has never been greater. As our global society seeks pathways to sustainable peace and prosperity, the role of emotional intelligence (EI) has taken on unparalleled importance. Emotional intelligence, as a key component of managing human resources, technology, and information in a post-pandemic world, is proving indispensable as we navigate through the challenges of the Fourth Industrial Revolution. Emotional intelligence (EI), along with positive mental health and behavioural and cooperative management, plays an essential role in promoting understanding, compassion, and collaboration—qualities that are crucial for building sustainable peace.

In its 11th edition, this conference brings together a rich diversity of minds from across the globe—professors, researchers, practitioners, and students—each contributing their knowledge and experience to our shared goal of fostering peace through these critical dimensions. I am confident that the discussions, papers, and exchanges over the course of these two days will lead to new insights, collaborations, and solutions that resonate far beyond this gathering.

It is a matter of immense pride to share that Nepal Open University (NOU) is an Academic Partner and co-organiser of this prestigious conference this time also. As the Chair of the international conference and a professor and Dean at NOU, I am deeply honoured to welcome you all—accomplished professors, erudite scholars, practising managers, students, and industry professionals—from around the globe to this remarkable event. It is with immense pride that I welcome our delegates as well as international delegates from various countries, including *Bangladesh, Belgium, Bulgaria, India, Kenya, Malaysia, Nepal, United Kingdom, and the United States of America.*

As we embark on this journey of intellectual engagement and reflection, I wish all participants a successful and enriching conference experience. May this gathering serve as a catalyst for advancing the cause of global peace and well-being. I also wish all foreign participants a happy and academically rewarding stay here in Kathmandu, Nepal.

  
Prof. Arhan Sthapit, Ph.D.

**Chair**

11<sup>th</sup> WWA International Conference Organising Committee



**EQ4Peace Worldwide, Inc. - USA**

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[EQ4Peace.org](http://EQ4Peace.org) | US IRS 501(c)3, FEIN: 83-3607189

21-22 September 2024

***Dear Fellow Conference Participant,***

Please accept my warmest welcome 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 such papers to our 11<sup>th</sup> Annual International Peace Conference, as we share our desire to create a more peaceful world.

We have a full agenda for you this weekend, where brilliant minds from many countries have come together to bring you original research, thought-provoking presentations, powerful workshops, important panel discussions, and a peace-building documentary video, concluding with beautiful Nepali culture. Please take what you can back to your people and spread the good news that peace is possible.

The mission and goal of both World Without Anger (WWA) and EQ4Peace Worldwide, Inc. - USA (EQ4Peace) is to bring us peace, starting from the inside out, with emotional intelligence (EQ) and Positive Mental Health (#PMH). The Dalai Lama said, "World Peace begins with inner peace.", and we certainly agree.

We are now working with UNESCO (UN), PENN (Peace Education Network – Nepal) and the Nepal Minister of Education's office to try to bring emotional and peace education to schools all across the great country of Nepal. Please let us know if you would like to encourage or support these efforts, as we believe education is the pathway to peace for us all.

My best to you always,



*Matt Perelstein, CEO & Co-Founder*

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





## **MESSAGE**



I am delighted that the 11<sup>th</sup> Annual International Conference of WWA/EQ4P being held at Quest International College, Lalitpur, Nepal (21- 22 September, 2024) on focal theme “ Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior and Cooperative Management” will create a new benchmark. The focal theme **is** very stimulating and relevant in the present context.

I particularly appreciate the Quest International College, Lalitpur, Nepal for his leadership in bringing an international event to Lalitpur, Nepal. Dr. D.M. Basnet, the organizing secretary of the conference and other colleagues must have put in their best.

WWA is emerging as a leading area involving academicians, researchers, policy makers, medical professional, psychologists, sociologists and other stake holders to enhance the goals of global peace through mental health and well-being to make the society better and Nepal even more flourishing.

I really thank the leaders of this conference and responsible citizens of Nepal for becoming hosts to a serious endeavor to discuss , analyze and formulate strategies to a healthier and vibrant future with global peace initiatives.

My heartily wishes for the grand success of this International Conference on global peace to lead us for holostic health, happiness and peace.



**Prof. Anand Kumar**  
**President: IAHP**  
**Former Head,**  
**Department of Psychology**  
**M. G. Kashi Vidyapith**  
**Varanasi , India**



**Quest**  
INTERNATIONAL  
COLLEGE  
(Affiliated to Pokhara University)

- Accredited by University Grants Commission (UGC), Nepal, 2024 (QAA Certified)
- ISO 9001 : 2015 Certified in Recognition of Quality Management System and Educational Services

Ref. No.



### Message from the Principal's desk

I am pleased to announce that Quest International College will host the WWA/EQ4Peace 11th Annual International Peace Conference on "Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behaviour, and Cooperative Management" on September 21-22, 2024. We look forward to a successful event.

Hosting this conference is a significant milestone for us as we continue to emphasize emotional intelligence and peace education. This is our second major event aimed at fostering peace and prosperity at both individual and community levels.

In a world increasingly dominated by technology and social media, which often downplay emotional intelligence, it is gratifying to see the World Without Anger (WWA) mission gain prominence. It is crucial that emotional literacy and intelligence are recognized as essential for enduring relationships, success, peace, and harmony.





At Quest International College, we are committed to equipping our students with the emotional intelligence skills necessary to navigate life's challenges.

Last but not the least, the conference explores the opportunity for facilitating discussions on global peace, emotional intelligence, and human resources management among academicians, managers, and research scholars in the various disciplines.

**Udaya Raj Poudel**  
Principal  
Quest International College  
Gwarko, Lalitpur, Nepal

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    Quest International College



## Global Peace Foundation Nepal

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

PAN No: 601380004

***Peace through Sustainable Development*** OCR Reg. No: 115915/070/071



### Message from the Patron of 11th International Conference

"Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Cooperative Management" conference aims to address the intrinsic need for emotional well-being, cooperative behavior, and ethical leadership in today's globalized world. In a world, however, marked by conflict, violence, war, ideological differences, and suffering, we are reminded that peace starts not only through policies or treaties but within the minds and hearts of individuals: Emotional intelligence, positive mental health, human behavior, and cooperative management all play crucial roles in this process.

Tackling the intricate challenges that our world faces today-persistent conflicts, the mental health crisis, environmental degradation, and social divisions, a comprehensive approach is must. By the same token, the UN's Agenda for Peace emphasizes the significance of preventive diplomacy, sustainable development, and conflict resolution. We at Global Peace Foundation Nepal maintain that emotional intelligence, positive mental health, and a deep understanding of human behavior are fundamental elements in achieving peace. We can contribute to the UN's efforts to create a world where peace is not just an aspiration but a lived reality by fostering cooperation across sectors and borders.

I always find it a great honor collaborating with team for WWA where the shared vision, mission and goal of building peace fosters and flourish. We believe that this conference will explore new pathways towards a more peaceful, harmonious and prosperous future for all. Coupling through dialogue, empathy and cooperation, we do not just envision a more peaceful world, in fact, we build it collectively.

Dr. Chiranjibi Bhattarai  
Chairperson  
Global Peace Foundation Nepal

Date: September 16, 2023

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Phone: 4530042/43 Website: [www.globalpeace.org](http://www.globalpeace.org), [fb.com/gpfnepal](https://fb.com/gpfnepal), Email: [nepal@globalpeace.org](mailto:nepal@globalpeace.org)

Social Welfare Council Affiliation No: 27948 /070/071

National Youth Council Affiliation No: 00088/074/075



**WWA/EQ4Peace 11<sup>th</sup> Annual International Peace Conference| HYBIRD**  
**"Pathways to Global Peace through Emotional Intelligence, Positive Mental Health,**  
**Human Behavior, and Co-operative Management"**

**About WWA 11<sup>th</sup> Annual International Peace Conference:**

The United Nations' work towards a world of peace and prosperity for a better and more sustainable future is encapsulated in its 2030 Agenda. Over the past 12 years, the WWA International Conferences have gained worldwide recognition for their contributions to peace education, emotional intelligence, mental health, people management, and cooperative research.

The 11th International Conference will be held on the 21st and 22nd of September 2024, coinciding with the United Nations International Day of Peace, in Kathmandu, Nepal.

WWA has been striving to establish a culture of peace, aligning with the mandate of UNESCO and the Sustainable Development Goals (SDGs) of the United Nations to be achieved by 2030. Our efforts contribute to the philosophy and actions outlined in the SDGs, agreed upon by 193 countries in September 2015.

We invite submissions of research papers, review, and conceptual papers, case studies, and concise thematic posters. The papers and posters should relate to the following themes and sub-themes, including but not limited to:

- 1. Emotional Intelligence and Global Peace**
- 2. People and Behavioural Management**
- 3. Positive Mental Health**
- 4. Cooperative Management**
- 5. Buddhism and Peace**

Researchers and practitioners are solicited and invited to join this international platform that offers a tremendous opportunity to discuss, share, and publish original study findings and insights in the thematic areas. We look forward to meeting and interacting with scholars, researchers, practitioners, and policymakers from around the world in the beautiful, historic capital city Kathmandu of Nepal.

The 11th WWA International Peace Conference on 21-22 September 2024 will serve as an ideal forum for learning and networking. International scholars, researchers, educators, learners, consultants, and experts from diverse professional backgrounds will present their papers and posters on global peace initiatives, emotional intelligence research, and its applications in education, organizational behavior and management, organizational communication, society, and psychiatric fields.

**Call for Papers and Posters**

The conference also invites research-based papers and posters that address its themes and topics, incorporating figures, tables, and references to novel research materials. Participants wishing to present their papers in absentia via video conferencing can register by clearly indicating this preference.





**Sub-themes:**

<p><b>1. Emotional intelligence and peace</b></p> <ul style="list-style-type: none"> <li>• Global Peace and/or Inner Peace, Interpersonal Peace, Social Peace</li> <li>• Emotional Intelligence (EI/IQ), Social Emotional Learning (SEL), and Anger Management</li> <li>• Self-management abilities reflect the emotional intelligence for inner peace</li> <li>• Perception, use, and regulation of emotions, with implications for education, health, and organizations</li> <li>• Economic Development and Peace</li> <li>• IT, AI, and Global Peace</li> <li>• Socioeconomic and/or Ecological and/or Environmental Issues and Global Peace</li> </ul> <p><b>2. Positive Mental Health and Anger Management</b></p> <ul style="list-style-type: none"> <li>• Elimination of anger to Joy (Transform)</li> <li>• Anger cognition in adolescents and aging people in respective societies</li> <li>• Emotional Intelligence and anger cognition</li> <li>• Negative anger leads to anxiety and frustration</li> <li>• Positive Anger leads to society and cultures</li> </ul> <p><b>3. Behavioural management</b></p> <ul style="list-style-type: none"> <li>• Cognitive Behavioural Therapy (CBT)</li> <li>• Cognitive Psychological Management</li> <li>• Human Behavioral Management</li> <li>• Stress and Depression Management</li> <li>• Positive Psychology, Mental Health, and Meditation</li> <li>• Cooperative Members' Emotional Intelligence and Agreeableness Traits</li> <li>• Behavioral for Human Resources Management</li> <li>• Positive Psychology, Mental Health, and Meditation</li> </ul>	<p><b>4. Cooperative management</b></p> <ul style="list-style-type: none"> <li>• Cooperative Management for sustainable peace and harmony in society</li> <li>• Comparative Analyses of cooperative laws, good governance, and self-regulation to Cooperatives and its members</li> <li>• A cooperative business is the ultimate tool for the economic crisis of the society.</li> <li>• Cooperative philosophy is complete and autonomous enterprises of the society.</li> <li>• Cooperative leadership and emotional intelligence</li> <li>• Cooperative employees' emotional intelligence and organizational commitment</li> <li>• Cooperative workers personality traits, and self-efficacy for organizational behavior</li> </ul> <p><b>5. Buddhism and Global Peace</b></p> <ul style="list-style-type: none"> <li>• Buddhist Philosophy and Peace, and/or Harmony and/or Compassion</li> <li>• International Relations for Peace Diplomacy</li> <li>• Transformational leadership and Buddhism</li> <li>• Buddhism peace to sustainable peace and harmony</li> <li>• Emerging Mindfulness Practices /Eastern, Western, Chinese, Japanese and others</li> <li>• Buddhist Philosophy and Peace, and/or Harmony and/or Compassion</li> </ul>
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## **PLENARY SESSION – 1**

### **Keynote speakers:**

#### **International Relations for Peace Diplomacy**

*Prof. Dr. Subarna Lal Bajracharya*

Vice-Chancellor, Lumbini Buddhist University, Nepal

#### **Role of Health Psychology in Mental Health and Well-being**

*Prof. Dr. Anand Kumar*

Indian Academy of Health Psychology (IAHP), India

#### **Co-operatives: A Tool for Revitalizing Democracy and Peace [Virtual]**

*Dr. Frederic Dufays*

Department of Work and Organization Studies, Belgium

## **PLENARY SESSION – 2**

#### **Inner Peace and Global Peace through Emotional Intelligence and Positive Mental Health**

*Prof. Matt Perelstein*

Founder/Chairman, EQ4Peace Worldwide, Inc., USA

#### **Cooperation among Cooperatives for Sustainable Development in the Era of Global Shock [Virtual]**

*Prof. Isaac K. Nyamongo, PhD, MBS*

Deputy Vice-Chancellor, Academic, Co-operative Development, Research & Innovation, The Co-operative University of Kenya, Kenya

#### **Bullying in the Workplace, Burnout, and the Protective Effects of Social Support [Virtual]**

*Dr. Antigonos Sochos*

Reader – Applied Psychology, University of Wolverhampton, UK

## **Panel Discussion -1**

### **Panelists**

#### **Building Global Peace: Starting with Inner Peace**

##### **Dr. Dipak Prakash Baskota**

First Chairperson, National Cooperative Development Board (NCDB), Government of Nepal

First Chairman, National Cooperative Federation (NCF) Nepal

##### **Dr. Laxman Shaya**

Vice-President, World Without Anger(WWA)

##### **Er. Ram Rohan Pant**

Regional Representative South Asia, Global Peace Foundation

**Ven. Bhikkhu Kondanya Mahastharavir**, Abbot of Buddha Vihara

### **Moderator:**

Prof. Matt Perelstein, Clinical Professor of Practice, Woxsen University, USA

## **Panel Discussion - II**

### **Emotional Education: Integrating EQ, EI, and SEL into Schools Globally**

#### **Panelists**

**Dr. Dhruba Raj Regmi**

National Program Officer, UNESCO Kathmandu

**Dr. Pramila Thapa**

Former Registrar, Purbaanchal University, Nepal

**Prof. Stephen Oliver, PhD**

University of Virginia, USA

**Farah Sarosh**

CEO, Nurture life, India

**Prof. Dr. Usha Kiran Subba**

President, Association of Psychologists in Nepal

#### **Moderator**

Prof. Matt Perelstein, Clinical Professor of Practice, Woxsen University, USA

#### **Pre-Conference Workshops**

##### **1. Managing Stress through Developing Positive Attitude for Personal Excellence**

**Presenter: Dr. Kedar Bahadur Rayamajhi**

**Former Director, Nepal Staff College, Government of Nepal**

**Overview:** Explore effective techniques for managing anger through emotional intelligence strategies. Learn practical skills to enhance personal and professional relationships.

##### **2. Co-operative Management: Ensuring Responsible Governance and Self-Regulatory Organizations**

**Presenter: Dr. Sagar Kisan Wadkar**

**Adviser (Research & Study), National Co-operative Union of India (NCUI)**

**Overview:** Delve into the principles of cooperative management focusing on responsible governance and the role of self-regulatory organizations. Gain insights into best practices for ensuring sustainable and ethical management.

#### **Abstract and Paper Publication**

- All accepted abstracts will be published in the conference abstract book. Authors must register and complete the registration fee payment for their papers to be included.
- Registered participants of the conference have the opportunity to publish their papers in the WWA International Journal (ISSN 2231-3303). Papers will be selected based on merit and relevance to the journal's theme. Selected papers will undergo blind peer-review by relevant scholars before publication.

#### **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 Bachan SACCOS). 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 (Kanchanjanga International Educational Consultancy ). All these award winners are felicitated at the Valedictory Session of the conference (Day-2).

**WWA/EQ4PECE 11th Annual International Peace Conference | HYBRID**

**CHIEF PATRON**

**Prof. Matt Perelstein**

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

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<p><b>Prof. Dr. Mahima Birla</b></p> <p>Director IQAC at Narayana Business School, Ahmedabad   Former Dean, Faculty of Management, Pacific University, India</p>	<p><b>Prof. Dr. Keshav Raj Khadka,</b></p> <p>Department of Economics Faculty of Social Sciences, Tribhuvan University, Nepal</p>
<p><b>Dr. Dess Mardan Basnet</b></p> <p>Head, Co-ops Research Cell, Bachan Saving and Credit Co-operative Ltd.</p>	<p><b>Prof. Dr. Anand Kumar</b></p> <p>Chairman Indian Academy of Health Psychology, India</p>

*International Chair*  
**Prof. Dr. Arhan Sthapit**  
 Dean, Faculty of Management and Law  
*Conference Organizing Secretary*  
**Dr. Dess Mardan Basnet**  
 Founder/President, World Without Anger (WWA)  
*Convener*  
**Asst. Prof. Dr. Sandesh Dhakal**  
 Central Department of Psychology, Tribhuvan University  
*Co-convener*  
**Dr. Dola Mujumder**  
 Vivekananda College for Women, University of Calcutta, India

<b>WWA/EQ4PECE 11TH ANNUAL INTERNATIONAL PEACE CONFERENCE ADVISORY COMMITTEE</b> <b>DR. DIPAK PRAKASH BASKOTA</b> International Advisory Committee Chair First Chair of the National Cooperative Development Board, Govt. of Nepal and Former President, National Cooperative Federation(NCF), Former State Home Minister Government of Nepal		
<b>MEMBERS</b>		
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<b>Dr. Gautam Majumder</b> Consultant-Expert-Livelihood: World Bank, India	<b>Dr. Mohammad Ali Khalid</b> Adjunct Faculty, Ahsanullah University of Science & Technology, Bangladesh	<b>Mr. Shiva Prasad Paudel</b> Former Director, Nepal Co-operative Development Board (NCDB), Nepal
<b>Mr. Robert Ingram</b> Board of Director, EQ4Peace WorldwideInc., USA	<b>Dr. Khagendra P. Subedi</b> Sr. Psychologist Joint Secretary, Public Service Commission, Government of Nepal	<b>Assoc. Prof. Dr. Madhya Zhagan</b> Department of Psychology University of Malaysia Kuala Lumpur, Malaysia
<b>Prof. Dr. Shishir Subba</b> Former Head, Department of Psychology Tribhuvan University, Nepal	<b>Dr. Ghyendra Paudel</b> Cooperative Specialist Kathmandu, Nepal	<b>Dr. Sagar Kisan Wadkar</b> Advisor (Research & Study) National Cooperative Union of India (NCUI), India

## **WWA/EQ4Peace 11<sup>th</sup> Annual International Conference Coordination Committee**

**Chairperson: Dr. Anoop Shresthacharya, CEO, World Without Anger (WWA)**

### **Members:**

Asst. Prof. Naniram Sapkota, M.Phil, Faculty of Management & Law, Nepal Open University (NOU)

Mr. Ramesh Kunwar, Faculty, Quest International College, Gwarko, Lalitpur, Nepal

Dr. Laxman Shakya, Vice President, World Without Anger (WWA)

Mr. Manik Ratna Shakya, Lumbini Buddhist University (LBU), Lumbini, Nepal

Mr. Manohari Tiwari, Board Member, Bachan SACCOS, Nepal

### **IT & Promotion Committee**

*Coordinator:* Mr. Anup Aryal, Board Member, WWA

Mr. Dillip Phuyal, Video/Photographer, WWA

### **11<sup>th</sup> WWA/EQ4Peace Annual Conference Management Committee**

#### **Chairperson:**

Mr. Suresh Dhimal, Treasurer, World Without Anger (WWA)

#### **Members:**

Dr. Shaligram Bhattarai, Executive Member, WWA

Mr. Purushottam Giri, Vice-Principal, Bheem High School, Thankoot, Kathmandu, Nepal

Mr. Krishna Prasad Dangol, Member, Education Sub-Committee, Bachan SACCOS

Mr. Desh Raj Banjara, Asst. Managing Director, Bachan SACCOS

Ms. Nanimaiya Paudel, In-charge, Account Dept., Bachan SACCOS

### **11th WWA Conference Hospitality Committee**

#### **Chairperson:**

Mr. Bharat Giri

#### **Co-Chair:**

**Co-Chair:** Mr. Dipendra Phuyal

#### **Members:**

Mr. Hari Chandra Phuyal

Ms. Ishwori Lohani

Mr. Shantidip Regmi

Ms. Rekha Karki

Mr. Keshav Shrestha

### **Who should participate?**

- Educational leaders and academicians, including research scholars
- Government representatives and policymakers
- Members from civil societies, NGOs, and INGOs
- Individuals interested in emotional intelligence, organizational behavior, and psychology research
- Managers, HR practitioners, and executive-level decision-makers
- Behavioral and social scientists
- Students and learners

### **Important Dates**

21st August 2024	Deadline for submitting abstracts
28th August 2024	Notification of acceptance
6th September 2024	Deadline for submitting full papers
18th September 2024	Deadline for submitting PPTs/Slides
21st September 2024	Registration deadline
21st - 22nd September 2024	Conference dates



## Registration Details

Participants are requested to register by sending the duly filled Registration Form via email, along with their research paper and registration fees (via Money Transfer/SWIFT Transfer). Bank details are available on the registration form and can be obtained from the Conference Secretariat.

Regd. Fees: Categories	SAARC Countries		Int'L Delegates		*Spot Regd.
	**Early –bird Regd. May, 31, 2024	Normal Regd.	Early –bird Regd. May, 31, 2024	Normal Regd.	
Industrial Delegates	45 US\$	50 US\$	250 US\$	300 US\$	350 US\$
Academic Faculty	40 US\$	50 US\$	200 US\$	300 US\$	350 US\$
Research Scholar	30 US\$	40 US\$	200 US\$	250 US\$	300 US\$
Participants/ Students	35 US\$	40 US\$	200 US\$	250 US\$	275 US\$
Native participants	1500 NRs.	2000NRs			
Institutional Participants	100 US\$				

\*\* Early-bird registration refers to the registration till May 31, 2024

\*Spot registration refers to registration on the conference venue itself.

## Registration fees include

- Hi-tea, lunch, snacks, and tea will be provided on both conference days.
- Conference kit including a printed conference abstract book, program details, and other publications.
- Personalized conference completion certificate

## Abstract or Paper Submission

Papers and presentations must be in English. The abstract should be within 250-300 words, and the full paper should not exceed 3000 words. All submissions, including those from co-authors, should be sent to the Conference Secretariat. All papers and abstracts will undergo review, and authors will receive notification of the review decision within two weeks of submission. Only electronic submissions will be accepted.

Contact Email: [wwa2024conference@gmail.com](mailto:wwa2024conference@gmail.com)

## Contact for Queries

Dr. Anoop Shresthacharya, Conference Coordinator

11<sup>th</sup> International Conference, International Coordination Secretariat

Email: [anoop@worldwithoutanger.org](mailto:anoop@worldwithoutanger.org)

<http://www.worldwithoutanger.org>

Mobile No.977-9841278935

## **About Us and Collaboration**

### **World Without Anger (WWA) - Nepal**

Registered in August 2007 under the Societies Registration Act of 1977, WWA is a non-governmental, non-profit organization dedicated to promoting emotional intelligence education. Our mission is to prevent the destructive effects of anger on individuals, families, and communities while fostering global and local peace initiatives, particularly in Nepal, the birthplace of Lord Buddha. WWA is affiliated with EQ4Peace Worldwide, Inc., USA, collaborating with international peace-promoters to strategically advance peacebuilding efforts.

Since inception, WWA has aimed to cultivate an anger-free society, inspired by Dr. Dean Van Leuven's principles outlined in his book "Life Without Anger." Our initiatives include providing emotional intelligence training to school and university students, communities, governmental bodies, and other service organizations. This training transforms negative emotions into positive outcomes, promoting emotional literacy globally to contribute to world peace.

### **Global Peace Foundation (GPF) - Nepal**

The Global Peace Foundation (GPF) is an international, non-sectarian, non-partisan, non-profit organization that advocates for an innovative, values-based approach to peacebuilding, guided by the vision of One Family under God. GPF collaborates with a global network of public and private-sector partners to develop community, national, and regional peace-building models, fostering ethical and cohesive societies.

GPF emphasizes universally recognized principles and shared values as crucial elements for promoting social cohesion within nations and across the global community. Since 2010, GPF Nepal has partnered with WWA to organize international conferences focused on themes related to global peace, emotional intelligence, psychology, and behavioral sciences.

### **EQ4Peace Worldwide, Inc., USA**

EQ4Peace is an international non-profit organization based in the USA, dedicated to promoting global peace through Emotional Education (EQ). The organization believes that widespread knowledge of emotional intelligence can empower individuals to cultivate peace within themselves and in their surroundings. Their ambitious goal is to have one billion people practicing EQ by 2039, with the vision of universal adoption by 2050.

### **Nepal Open University (NOU), Nepal**

Nepal Open University is a public university in Nepal specializing in distance learning. Established in 2016 through an act of Parliament, the university's degrees are recognized as equivalent to those awarded by other Nepali universities under the University Grants Commission. Nepal Open University offers academic programs ranging from Bachelor's to PhD levels across three faculties: Faculty of Management & Law, Faculty of Education & Social Sciences, and Faculty of Science, Health & Technology.

## **Lumbini Buddhist University (LBU)**

Lumbini Buddhist University (LBU) was formally established in November 2006, with the approval of parliament as Lumbini Bauddha Vishwavidyalaya. LBU is an autonomous and public institution of higher learning committed with the mission to educate the people of Nepal and enrich the global learning community through the application of core Buddhist values and to promote World Peace. Prof. Dr. Talasi Ram Vaidya was the first Vice-Chancellor of this University. LBU has a noble vision of promoting world peace, harmony, and prosperity through its teachings and research. It strives to achieve this by offering comprehensive education in various fields of Buddhist philosophy, literature, education, culture, and other subjects that facilitate the cultivation of precepts and human virtues such as peace, empathy, companion, and compassion.

## **Quest International College**

Established in 2009, Quest International College (QIC) is committed to delivering high-quality management education and professional development skills to its students. Located in Gwarko, Lalitpur, Nepal, QIC offers BBA, BHM, and MBA programs affiliated with Pokhara University, Nepal, and City and Guilds, UK.

QIC provides an excellent learning environment with modern infrastructure, adequate facilities, and a standard academic atmosphere. It serves as an applied Management School aimed at nurturing aspiring entrepreneurs and future business leaders capable of effectively managing both government and private organizations.

## **About Kathmandu and Nepal**

Nepal, the birthplace of Lord Buddha, revered as the Champion of Peace holds Lumbini in southern Nepal as a sacred pilgrimage site. It is here, over twenty-five hundred years ago, that Shakyamuni Buddha was born, drawing Buddhists from around the world.

Kathmandu, the capital and largest city of Nepal with a population of 1 million lies in the northwestern part of the Kathmandu Valley, covering an area of 50.67 square kilometers. The city enjoys a generally pleasant climate characterized by warm days and cool mornings and nights. Kathmandu's Tribhuvan International Airport serves as Nepal's largest and sole international airport.

## **Nepal & Historical Places**

Kathmandu, with a history spanning nearly 2000 years based on valley inscriptions, celebrates a rich and ancient culture blending Hindu and Buddhist traditions. This cultural tapestry also embraces influences from Jainism, Islam, and Christianity, creating a cosmopolitan ambiance where diverse religious beliefs coexist.

Described as a "Vast Repository of Art and Sculptures," the Kathmandu Valley showcases abundant treasures crafted from wood, stone, metal, and terracotta. These exquisite works adorn temples, shrines, stupas, gumbas, chaityas, vihars, and palaces. Kathmandu is renowned in Nepal for its vibrant markets offering contemporary handicrafts, stylish apparel, literature, music, traditional mementos, and unique curiosities.

- **Kathmandu Durbar Square:** Located in the heart of Kathmandu, this UNESCO World Heritage Site is home to ancient palaces, temples, and courtyards dating back to the medieval era of Nepal's Malla kings.
- **Pashupatinath Temple:** One of the holiest Hindu temples dedicated to Lord Shiva, situated on the banks of the Bagmati River in Kathmandu. It is a center of pilgrimage and cremation for Hindus.
- **Bhaktapur Durbar Square:** Another UNESCO World Heritage Site, Bhaktapur Durbar Square is renowned for its exquisite art and architecture from the Malla period, including the Palace of 55 Windows and Nyatapola Temple.
- **Swayambhunath Stupa (Monkey Temple):** Perched atop a hill west of Kathmandu Valley, this ancient stupa is a symbol of Buddhism in Nepal and offers panoramic views of the valley.
- **Lumbini:** Birthplace of Lord Buddha, located in the western Terai plains of Nepal. Lumbini is a major pilgrimage site with monasteries, temples, and the sacred Maya Devi Temple marking the exact birthplace.
- **Changu Narayan Temple:** The oldest Hindu temple in the Kathmandu Valley, dedicated to Lord Vishnu. It is known for its historical and artistic significance, with intricate stone carvings dating back to the 4th century.
- **Janakpur:** A city in southern Nepal famous for Janaki Temple, dedicated to Goddess Sita. It holds religious significance for Hindus as the birthplace of Sita and features traditional Mithila art and architecture.

**WWA/EQ4PECE 11th Annual International Peace Conference | HYBRID  
Pathways to Global Peace through Emotional Intelligence, Positive Mental  
Health, Human Behavior, and Cooperative Management  
Venue: Quest International College, Gwarko, Lalitpur, Nepal**

**Day I**  
**21 September 2024, Saturday**

**Registration:** 7:00 – 8:00 am

**Breakfast:** 7:00 – 8:15 am

**Welcome Delegates to Conference Hall with ‘Mangal’ Tune Performance  
(on Dhime by a musical ensemble):** 8:15 – 8:20 am

**Opening Ceremony Program Schedule**

**Time:** 8:20 – 9:40 am

**M.C.:** Mr. Sushil Gautam, Quest International College

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

**Proposing the Chairperson:**

1. Dr. Dess Mardan Basnet, Founder/President, WWA and International Organizing Secretary of the 11th Conference, Chairperson of the Program

**Call to the Dais:**

2. Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lumbini Buddhist University, Nepal, Chief Guest of the 11th WWA/EQ4Peace International Conference
3. Prof. Dr. Anand Kumar, President, Indian Academy of Health Psychology (IAHP), Special Guest of the 11th WWA/EQ4Peace International Conference
4. Prof. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc., USA, and International Chief Patron of the 11th WWA/EQ4Peace International Conference
5. Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and Law, Nepal Open University, and Conference Chair of the 11th WWA/EQ4Peace International Conference
6. Prof. Dr. M.P. Regmi, Chief Advisor, Advisory Committee, WWA, and Chairperson of the 11th WWA/EQ4Peace International Conference Scientific Committee
7. Dr. Dipak Prakash Baskota, First Chair, National Co-ops Federation (NCF) Nepal, and International Advisory Committee Chair of the 11th WWA/EQ4Peace International Conference
8. Mr. Udaya Raj Poudel, Principal, Quest International College, Gwarko, and Honorary Patron of the 11th WWA/EQ4Peace International Conference



9. Dr. Chiranjibi Bhattarai, President, Global Peace Foundation Nepal, and Patron of the 11th WWA/EQ4Peace International Conference
10. Representative from Gorkhas Finance Ltd. as a member of the DOIPP Committee, WWA
11. Mr. Mukunda Raj Khanal, Chairman, Bachan Saving and Credit Cooperative Ltd., Dillibazar & WWA/EQ4Peace 11<sup>th</sup> International Conference, National Advisory Committee Chair

#### **Programmes:**

- Distribution of the Program Schedule and Badges to the Guests by the QIC Volunteers
- **Bouquet Presentation:**
  - By the Chairman of World Without Anger (WWA) to the Chief Guest
  - By the Chairman of Bachan SACCOS to the Special Guest
- Inauguration Ceremony: Lighting of the Auspicious Lamp with Nepalese National Anthem by the Chief Guest

#### **Opening Remarks:**

Prof. Dr. Arhan Sthapit, Conference Chair of the 11th WWA/EQ4Peace International Peace Conference

#### **Release of the Abstract Book on 11th Annual WWA/EQ4Peace International Conference**

By the Chief Guest, followed by all dignitaries on the dais (coordinated by QIC Volunteers)

#### **Awards Function:**

The Dean of International Peace Prize (DOIPP) represents the culmination of the enduring efforts and dedication of Dr. Dean Van Leuven, the 'Dean of Peace'. Dr. Leuven's work aimed to demonstrate that peace is the essential need in times of anxiety and tension. The recipient of this award is someone who has made substantial contributions in areas such as emotional literacy, peace and positive psychology, and psycho-social well-being within global society.

A one-minute silence in memory of the late Dr. Dean Van Leuven, Founder Chief Patron of WWA, who passed away on April 16, 2019, and Prof. Dr. Tulasi Ram Vaidya, past Chairman of the DOIPP Committee, WWA, and former Vice-Chancellor of Lumbini Buddhist University, who passed away on July 17, 2024.

### **Announcement of the Dean of International Peace Prize, 2022:**

The Dean of International Peace Prize for 2022 is awarded to Er. Ram Rohan Panta, Regional Representative for South Asia at the Global Peace Foundation.

Er. Ram Rohan Panta is recognized for his significant contributions to development and peace. A former President of GPF Nepal, he is a leading activist in social issues, technology, and peace. Panta successfully led 1,600 youth volunteers in earthquake relief efforts, organized major youth seminars, and launched the Global Peace Builders practicum, which has graduated approximately 100 youths. His notable achievements include the Global Peace Leadership Conference Indo-Pacific 2024 and initiatives such as the Peace Environment & Tourism Forum and Udyamai Yuva Challenge.

The award will be presented by Ms. Deeanna Croasmun, daughter of the late Dr. Dean Van Leuven (The Dean of Peace), Founder Patron of World Without Anger (WWA), from West Wendover, NV, USA.

### **Announcement of the Dean of International Peace Prize, 2023:**

It is awarded to Dr. Tap Raj Pant, Education Program Specialist at UNESCO Juba, Central Equatoria, South Sudan.

Dr. Tap Raj Pant is a seasoned education specialist with over two decades of experience with UNESCO. Since October 2019, he has served as the Chief of Education Section and Education Programme Specialist at the UNESCO Juba Office in South Sudan. His UNESCO career began in 2005 as the National Programme Officer for Education in Kathmandu, Nepal. Prior to his current role, Dr. Pant was the Chief of Education Section at the UNESCO Ramallah Office from 2016 to 2019. He played a key role in developing the UNESCO National Education Support Strategy for Nepal for the periods 2008-2013 and 2013-2017. Dr. Pant holds an M.Phil. from the Danish University of Education and a Ph.D. in Inclusive Education from Tribhuvan University.

### **Short Remarks by Ms. Deeanna Croasmun:**

The DOIPP awards will be presented by Ms. Deeanna Croasmun, a marriage & family therapist from West Wendover, NV, USA, and daughter of the late Dr. Dean Van Leuven. Ms. Croasmun will also present US\$1,000 from her father's estate as for DOIPP funds.

### **Speeches by Dignitaries:**

- Prof. Dr. M.P. Regmi, Chairman of the International Scientific Committee of the 11th WWA/EQ4Peace International Conference
- Mr. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc., USA, Chief Patron of the 11th WWA/EQ4Peace International Conference

- Dr. Dipak Prakash Baskota, International Advisory Committee Chair, 11th WWA/EQ4Peace International Conference

**Speech by the Honorable Guests:**

- Prof. Dr. Anand Kumar, President, Indian Academy of Health Psychology (IAHP), Special Guest of the 11th WWA/EQ4Peace International Conference
- Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lumbini Buddhist University, Nepal, Chief Guest of the 11th WWA/EQ4Peace International Conference

**Vote of Thanks:**

Mr. Udaya Raj Poudel, Patron of the 11th WWA/EQ4Peace International Conference

**Concluding Remarks:**

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

***Photo Session with national and international delegates***

**WWA/EQ4PECE 11th Annual International Peace Conference | HYBRID**  
Pathways to Global Peace through Emotional Intelligence, Positive Mental Health,  
Human Behavior, and Cooperative Management  
**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

**Day I**  
**21 September 2024, Saturday**

**PLENARY SESSION – 1**

**Moderator:** Ms. Rosemary Joshi , Asst. Lecturer, Nepal Open University

**Time:** 10:00 – 10:40

**Chair of 1st Plenary Session**

Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and  
Law, Nepal Open University (NOU), Lalitpur, Nepal

**Keynote Speakers:**

**International Relations for Peace Diplomacy**

Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lubmini Buddhist University,  
Nepal

**Role of Health Psychology in Mental Health and Well-being**

Prof. Dr. Anand Kumar, Indian Academy of Health Psychology (IAHP), India

**Co-operatives: A Tool for Revitalizing Democracy and Peace [Virtual]**

Dr. Frederic Dufays, Department of Work and Organization Studies, Belgium

*(For Certificate Distribution and Chairperson's Felicitation: 2 minutes)*

**Emotional Intelligence Pre-Conference Workshop - I**

**Time:** 11:00 a.m. – 12:00 Noon

**Moderator:** Asst. Prof. Dr. Sandesh Dhakal, Central Department of  
Psychology, Tribhuvan University, Kathmandu, Nepal

**Title:** Managing Stress  
through Developing  
Positive Attitude for  
Personal Excellence

**Chairing the Pre-conference Workshop**

Prof. Dr. Nandita Sharma, Head, Central Department of  
Psychology, Kirtipur, Kathmandu, Nepal

**Presenter:** Dr. Kedar Bahadur Rayamajhi, Former  
Director, Nepal Staff College, Government of Nepal

*(For Certificate Distribution and Chairperson's Felicitation: 2 minutes)*

**Lunch Break:** 12:00 - 12:45

**Panel Discussion - I**

**Time:** 12:45 – 13:45

**Moderator:** Prof. Matt Perelstein,  
co-founder/CEO EQ4Peace  
Worldwide Inc. - U.S.A.

**Topic:**  
**Building Global Peace: Starting with Inner  
Peace**

**Panelists:**

**Dr. Dipak Prakash Baskota**

Former Chairperson, National Cooperative Development Board (NCDB), Government of Nepal; Former Chairman, National Cooperative Federation (NCF) Nepal

**Dr. Laxman Shakya**

Vice-President, World Without Anger (WWA)

**Er. Ram Rohan Pant**

**Regional Representative South Asia, Global Peace Foundation Nepal**

**Ven. Bhikkhu Kondanya**

Mahastharavir, Abbot of Buddha Vihara

*(For Certificate Distribution and Moderator's Felicitations: 2 minutes)*



**WWA/EQ4Peace 11<sup>th</sup> Annual International Peace Conference | HYBRID**

**Day I**

**21 September 2024**

**TECHNICAL SESSION - 1**

**Psychology and Peace**

**(Parallel Session)**

**Time: 14:00 - 15:00      Area: Emotional Intelligence**

**Conference Hall-I: Conduction by Quest Int'l College Student, Gwarko, Lalitpur**

<b>Session Chair: Prof. Dr. Usha Kiran Subba, President, Association of Psychologists in Nepal (APN)</b>
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<b><u>Total Time Allocation:</u></b>
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For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes
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For Each Paper Presenter: 9 Minutes (5 papers X 9 min)
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For Questions-Answers: 5 Minutes
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For Chairperson's Comment: 5 Minutes (Total for all papers)
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For Certificate Distribution and Chairperson's Felicitation: 3 Minutes
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- 1. Emotion Regulation: Impact of Taking a Pause and Becoming Self-Aware Before Acting on Negative Emotional Impulses in Interpersonal Interactions**  
Prashanna Bista and Kishor Adhikari  
Institute of Crisis Management Studies (ICMS), Samarpan Academy, Kathmandu, Nepal
- 2. Social Peace for Water: Analyzing the Role of Water Management in Promoting Social Stability and Preventing Conflicts**  
Shakeb Ahmad & Archana Pande  
Assistant Professor, Department of Humanities and Social Sciences, Integral University, Lucknow, India
- 3. Self-Improvement in Respect to Inner Peace: The Process of Mind Mapping**  
Kalpana Panigrahi<sup>1</sup> and Pramod Kumar<sup>2</sup>  
<sup>1</sup>Assistant Professor, Department of Management Studies, Sikkim Manipal Institute of Technology, Sikkim Manipal University, Sikkim, India  
<sup>2</sup>Indian Institute of Toxicology Research, India
- 4. The Interplay Between Parenting Styles and Emotional Development in Children**  
Ayushmi Bhuju  
Alumni, Christ University, Bengaluru, India
- 5. Psycho-Social Problems Among School Students of Gorkha After the Gorkha Earthquake**  
Sapana Panday  
Department of Social Work, Tribhuvan University, Kathmandu, Nepal

**Day I**

**21 September 2024**

**TECHNICAL SESSION - 2**

**Positive Mental Health and Anger Management  
(Parallel Session)**

**Time: 15:00 - 16:00      Area: Positive Psychology**

**Conference Hall - I: Conduction by Quest Int'l College, Gwarko, Lalitpur**

**Session Chair: Assistant Professor Dr. Sandesh Dhakal, Central Department of Psychology, Tribhuvan University.**

**Total Time Allocation:**

For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes

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

For Questions-Answers: 5 Minutes

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

For Certificate Distribution and Chairperson's Felicitation: 3 Minutes

**1. Quality of Life of Nepalese Adults with Stuttering Disorder**

Shanti Timalina,  
Padma Kanya Multiple Campus

**2. A Longitudinal Analysis of Self-Rated Health, Objective Health, and Life Satisfaction Among Elderly Across Different Social Classes**

Subramanyam, V, Kalavathi, P., Sudha, Vijay M., and E. Yugandhar  
The Apollo University, Mount Carmel College, JR Medical College

**3. The Effect of Positive Psychology on College Students with Special Reference to Competitiveness Manifest**

Priyanka K., Rohith R., and S. K. Magitha  
II B.Sc. Computer Science, Department of Computer Science and Applications,  
The Gandhigram Rural Institute, Gandhigram, India

**4. Influence of Positive Psychology on Adolescent Mental Health**

Dola Majumder (Das)<sup>1</sup> and Gautam Majumder<sup>2</sup>,  
<sup>1</sup>Department of Psychology, Vivekananda College for Women, Barisha, Kolkata-700008,

<sup>2</sup>Development Professional/Consultant-National and International, Trainer on Leadership Management and Organizational Development, India

**5. Personality and Happiness Among Nepalese College Students**

Dipesh Upadhyay  
PK College, Tribhuvan University, Kathmandu, Nepal

**Day I**  
**21 September 2024**  
**TECHNICAL SESSION - 3**  
**Mental Health**  
**(Parallel Session)**

**Time: 16:00 -17:00      Area: Mental Health**

**Conference Hall - I: Conduction by Quest Int'l College, Gwarko, Lalitpur**

<b>Session Chair: Associate Prof. Dr. Madhya Zhagan, University of Malaya, Malaysia</b>
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<b><u>Total Time Allocation:</u></b>
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For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes
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For Each Paper Presenter: 9 Minutes (5 papers X 9 min)
--

For Questions-Answers: 5 Minutes
----------------------------------

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

For Certificate Distribution and Chairperson's Felicitations: 3 Minutes
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**1. DISASTER AND MENTAL HEALTH IN NEPAL: A SCOPING REVIEW**

Raju Raut, Shankardev Campus, Putalisadak, Kathmandu, Nepal

**2. Job Stress and Coping Strategies Among Special Educators Working with Autistic Children**

Ankisha Shrestha<sup>1</sup> and Sandesh Dhakal<sup>2</sup>

<sup>1</sup>Masters in Counseling Psychology, Tribhuvan University, Kirtipur, Nepal

<sup>2</sup>Central Department of Psychology, Tribhuvan University, Kirtipur, Nepal  
Hospital, Bharath University

**3. Knowledge and Attitude Towards Autism Spectrum Disorder Among Preschool Teachers**

Anima Shrestha

Patan Multiple Campus, Tribhuvan University, Nepal

**4. Prevalence and Factors Associated with Emotional and Behavioral Problems Among School-Going Adolescents in Morang District of Nepal**

Aarju Niroula<sup>1</sup>, Deepak Kumar Yadav<sup>2</sup>, Nilambar Jha<sup>3</sup>, Avaniendra Chakravartty<sup>3</sup>,  
Bikram Adhikari<sup>3</sup>, Parth Guragain<sup>3</sup>

<sup>1</sup>Birat Medical College Teaching Hospital, <sup>2</sup>B.P. Koirala Institute of Health Sciences, <sup>3</sup>HERD International

**5. Psycho-Social Impact of Covid-19 Among Medical Students of a Medical College in Eastern Nepal**

Guragain, P<sup>1</sup>, Niroula, A<sup>2</sup>, Kafle, TK<sup>1</sup>, Bhagat, B<sup>3</sup>, Agrawal, H<sup>4</sup>

<sup>1</sup> Department of Community Medicine, Birat Medical College Teaching Hospital

<sup>2</sup>Data Monitoring and Evaluation Specialist, Birat Medical College Teaching Hospital

<sup>3</sup>Director, City Care Hospital, Bardibas

<sup>4</sup>Resident, Department of Community Medicine, Birat Medical College Teaching Hospital

**Day I**  
**21 September 2024**  
**TECHNICAL SESSION - 4**  
**Mental Health**  
**(Parallel Session)**

**Time: 14:00 – 15:00**

**Area: Mental Health**

**Conference Hall - II: Conduction by** Quest Int'l College, Gwarko, Lalitpur

<b>Session Chair: Assistant Professor Dr. Khem Raj Bhatta</b>
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<u>Total Time Allocation:</u>
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For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes
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For Each Paper Presenter: 9 Minutes (5 papers X 9 min)
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For Questions-Answers: 5 Minutes
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For Chairperson's Comment: 5 Minutes (Total for all papers)
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For Certificate Distribution and Chairperson's Felicitation: 3 Minutes
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- 1. Callous-Unemotional Traits and Their Effect on Behavioral and Emotional Problems and Prosocial Behavior Among Adolescents with a History of Juvenile Delinquency Residing in Child Correction Homes**  
Ashish Kafle<sup>1</sup> and Sandesh Dhakal<sup>2</sup>  
<sup>1</sup>PadmaKanya Multiple Campus, Tribhuvan University, Kathmandu, Nepal  
<sup>2</sup>Central Department of Psychology, Tribhuvan University, Kirtipur, Nepal
- 2. Using Sounding board Application to Improve Communicative Vocabulary Among Pupils with Autism Spectrum Disorder**  
Nurul Amira Izani, Madhya Zhagan & Siti Sarah Buhet Abdullah  
Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Malaysia
- 3. Individualism-Collectivism Orientation and Attitudes Towards Public Display of Affection Among Adolescents in Kathmandu Valley**  
Rishika Pokharel<sup>1</sup> and Sandesh Dhakal<sup>2</sup>  
<sup>1</sup>Tribhuvan University, Teaching Hospital, Department of Psychiatry and Mental Health, Kathmandu, Nepal  
<sup>2</sup>Central Department of Psychology, Tribhuvan University, Kathmandu, Nepal
- 4. Adjustment Among Master's Level Students with Relation to Their Locale of Residence**  
Padam Raj Joshi  
Central Department of Psychology, Tribhuvan University, Kathmandu, Nepal
- 5. Attitudes Towards Mental Health Problems in College Students from Chitwan District**  
Dev Bandhu Poudel<sup>1</sup> and Sandesh Dhakal<sup>2</sup>  
<sup>1</sup>G.P. Koirala Community College, Chitwan, Nepal  
<sup>2</sup>Central Department of Psychology, Tribhuvan University, Kirtipur, Nepal

**Day I**  
**21 September 2024**  
**TECHNICAL SESSION - 5 (Virtual)**  
**Emotional Intelligence and Peace**  
**(Parallel Session)**

**Time: 15:00 - 16:00      Area: Emotional Intelligence and Peace**

**Conference Hall - II:** Conduction by Quest Int'l College Student, Gwarko, Lalitpur

<b>Session Chair: Associate Prof. Dr. Jivan Khadaka, Nepal Open University</b>
<b><u>Total Time Allocation:</u></b> For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes For Each Paper Presenter: 9 Minutes (5 papers X 9 min) For Questions-Answers: 5 Minutes For Chairperson's Comment: 5 Minutes (Total for all papers) For Certificate Distribution and Chairperson's Felicitation: 3 Minutes

- 1. Impact of Emotional Intelligence on Social Anxiety Among Young Adults**  
Swati Suman, Sama Harika, and P. Sudha  
Department of Psychology, The Apollo University, Murukambattu, Chittoor, Andhra Pradesh, India
- 2. Cultivating Mental Health and Emotional Intelligence for Inner Peace**  
Praveen S., Kabila Sree V., and S. Deedchanya  
II B.Sc. Microbiology, Gandhigram Rural Institute-DU, Gandhigram, Tamil Nadu, India
- 3. Meaning in Life: Impact on Perceived Stress and Aggression Among Corporate Employees**  
Diya Chatterjee and Arijit Sinha  
University of Calcutta, India
- 4. The Role of Emotional Intelligence in Inner and Interpersonal Peace**  
Logesh N, Muhammad Cihan S, and Vairochnaa T  
II B.Sc. Computer Science, Department of Computer Science and Applications, The Gandhigram Rural Institute, Gandhigram, India
- 5. Efficacy of Positive Psychology-Based Solution-Focused Therapy on Psychological Well-Being Among Adolescents: A Systematic Review**  
Sree Raja Rajeswari Pragna Lanka, P. Sudha  
Department of Psychology, The Apollo University, Murukambattu, Chittoor, Andhra Pradesh, India  
Bal Ram Chapagain, Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal

**Day I**  
**21 September 2024**  
**TECHNICAL SESSION - 6**  
**Human Behavior Management**  
**(Parallel Session)**

**Time: 16:00 - 17:00**

**AREA: HUMAN BEHAVIOR MANAGEMENT**

**Conference Hall - II: Conduction by** Quest Int'l College Student, Gwarko, Lalitpur

<b>Session Chair: Dr. Rashesh Vaidya, Faculty, Nepal Open University (NOU).</b>
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<b><u>Total Time Allocation:</u></b>
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For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes
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For Each Paper Presenter: 9 Minutes (5 papers X 9 min)
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For Questions-Answers: 5 Minutes
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For Chairperson's Comment: 5 Minutes (Total for all papers)
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For Certificate Distribution and Chairperson's Felicitation: 3 Minutes
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1. **Customer Purchase Intentions in Cross-Border Business After COVID-19 in Birgunj Border**  
Abhishek Risal and Saraswati Das  
Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
2. **Exploring Emotional Triggers in Advertising: A Study of Consumer Buying Behavior in Kathmandu Valley**  
Aarati Ojha and Purnima Lawaju  
Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
3. **Job Satisfaction and Psychological Well-Being Among Employees of Nagarjun Municipality Office**  
Sabina Giri  
Researcher
4. **Cognitive Dissonance in University Choice Among Graduate-Level Students**  
Jyoti Luintel  
Policy Research Institute, Nepal
5. **A Study on the Relationship Between Self-Exploration and Anger Management**  
Dharanidaran T.<sup>1</sup>, Rajkumar G.<sup>1</sup>, Sneha<sup>2</sup>  
<sup>1</sup>Department of Computer Science and Applications, The Gandhigram Rural Institute, Gandhigram, India  
<sup>2</sup>Department of Biology, The Gandhigram Rural Institute, Gandhigram, India

**Day I**

**21 September 2024**

**TECHNICAL SESSION - 7**

**People and Behavior Management  
(Parallel Session)**

**Time: 14:00 - 15:00    Area: Social Dynamics, Psychology, Business and Governance**

**Conference Hall - III: Conduction by Quest Int'l College, Gwarko, Lalitpur**

**Session Chair: Mr. Gautam Majumder, World Bank Consultant, India/ Dr. Dola Majumder, Vivekananda College for Women, University of Calcutta, India**

**Total Time Allocation:**

For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes

For Each Paper Presenter: 9 Minutes (6 papers X 9 min)

For Questions-Answers: 5 Minutes

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

For Certificate Distribution and Chairperson's Felicitation: 3 Minutes

- 1. The Impact of Influencer Marketing on Brand Loyalty and Credibility: The Mediating Role of Parasocial Interaction**  
Abhishek Thakur and Udaya Raj Paudel  
Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
- 2. Consumer Brand Engagement, Co-Creation, and Loyalty Through Social Media Interactivity Among Digital Wallet Service Users of Kathmandu Valley**  
Prarthana Sen and Devid Kumar Basyal  
Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
- 3. Prospects of Gig Work in Kathmandu Valley: Status, Challenges, and Way Forward**  
Prashiddha Basnet<sup>1</sup>, Niranjan Devkota<sup>1</sup>, Mijala Kayestha<sup>1</sup>, and Ghanashyam Khanal<sup>2</sup>  
<sup>1</sup>Research Management Cell, Kathmandu Model College, Tribhuvan University, Bagbazar, Kathmandu, Nepal  
<sup>2</sup>College of Forestry, Wildlife, and Environment, Auburn University, Auburn, AL, USA
- 4. Sustainable Homestay Tourism as a Deriving Factor of Tourists' Satisfaction: Annapurna Municipality, Kaski**  
Devi Raman Tiwari and Dhurba Prasad Timalsina  
Kathmandu Model College, Tribhuvan University, Bagbazar, Kathmandu, Nepal
- 5. Purchase Intention of Consumers Towards Branded Ecological Products in Kathmandu Valley: Moderating Effect of Perceived Value of Branded Non-Ecological Products**  
Rosemary Joshi  
Nepal Open University, Lalitpur, Nepal
- 6. Determinants of Employee Job Stress in Cooperatives: A Case Study of Banepa Municipality**  
Arhan Sthapit<sup>1</sup>, Rashesh Vaidya<sup>1</sup>, and Anil Suwal<sup>2</sup>  
<sup>1</sup>Faculty of Management & Law, Nepal Open University, Lalitpur, Nepal  
<sup>2</sup>K.B.R.T. Traders, Banepa-6, Kabhre, Nepal

**Day I**

**21 September 2024**

**TECHNICAL SESSION - 8**

**Social Dynamics, Psychology and Governance  
(Parallel Session)**

**Time: 15:00 - 16:00      Area: Social Dynamics, Psychology and Governance**

**Conference Hall - III: Conduction by Quest Int'l College Student, Gwarko, Lalitpur**

**Session Chair: Dr. Niranjana Devkota, Plos One Academic Editor  
Quest International College, Gwarko, Lalitpur, Nepal**

**Total Time Allocation:**

For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes

For Each Paper Presenter: 9 Minutes (6 papers X 9 min)

For Questions-Answers: 5 Minutes

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

For Certificate Distribution and Chairperson's Felicitation: 3 Minutes

- 1. ELECTRONIC GOVERNANCE, INNOVATION, CITIZENS' SATISFACTION, AND TRUST IN GOVERNMENT OF NEPAL**  
Pragya Thapa and Devid Kumar Basyal  
Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
- 2. FACTORS AFFECTING TEACHERS' PARTICIPATION IN PROFESSIONAL DEVELOPMENT ACTIVITIES IN KATHMANDU MODEL COLLEGE (KMC) NETWORK**  
Ranjana Kumari Danuwar and Deep Kumar Baral  
Kathmandu Model College, Tribhuvan University, Bagbazar, Kathmandu, Nepal
- 3. EXPLORING PEOPLE'S PERCEPTION TOWARDS URBAN NATURE PARKS IN KATHMANDU VALLEY**  
Sushita Neupane, Deep Baral, and Supriya Sapkota  
Kathmandu Model College, Tribhuvan University, Kathmandu, Nepal
- 4. STATUS OF PARTICIPATION OF WOMEN IN LOCAL GOVERNMENT**  
Nabina Sapkota  
Department of Social Work, Tribhuvan University, Nepal
- 5. GREEN FINANCE AND SDGs: ANALYZING GLOBAL RESEARCH TRENDS AND COLLABORATIVE NETWORKS THROUGH BIBLIOMETRIC ANALYSIS**  
Prajwol Bikram Khadka<sup>1</sup>, Dipendra Karki<sup>2</sup>, Amrit Chaulagain<sup>3</sup>  
<sup>1</sup>Faculty, Kathmandu Don Bosco College, Nepal  
<sup>2</sup>Faculty of Management, Tribhuvan University, Nepal  
<sup>3</sup>Nabil Bank Limited, Nepal
- 6. BANKERS' PERCEPTION ON GREEN BANKING OF COMMERCIAL BANKS IN KATHMANDU VALLEY**  
Rachana Thakur and Purnima Lawaju  
Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal



## **Day II**

**22 September 2024, Sunday**

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

**Registration:** 7:00 – 8:00

**Breakfast:** 7:00 - 8:30

### **Panel Discussion – II**

**Time:** 8:30 – 9:30

**Moderator:** Prof. Matt Perelstein,  
co-founder/CEO EQ4Peace  
Worldwide Inc.- U.S.A

**Topic:**  
Emotional Education: Integrating EQ, EI, and  
SEL into Schools Globally

#### **Panelists:**

**Dr. Dhruba Raj Regmi**

National Program Officer, UNESCO Kathmandu

**Dr. Pramila Thapa**

Former Registrar, Purbanchal University, Nepal

**Prof. Stephen Oliver, PhD**

University of Virginia, USA

**Dr. Farah Sarosh, CEO**

Nurturelife, India

**Prof. Dr. Usha Kiran Subba**

President, Association of Psychologists in Nepal

*(For Certificate Distribution and Moderator's Felicitations: 2 minutes)*

### **PLENARY SESSION – II**

**Time:** 9:45 – 10:45

**Moderator:** Dr. Anoop  
Shresthacharya, CEO, WWA  
and 11th International  
Conference Coordinator

#### **Chair of 2nd Plenary Session**

Mr. B.N. Sharma Acharya, President, Peace  
Education Network Nepal (PENN); Vice-President,  
UNESCO Clubs, Nepal

#### **Keynote Speakers:**

**Inner Peace and Global Peace through Emotional Intelligence and Positive Mental Health**

Prof. Matt Perelstein, Founder/Chairman, EQ4Peace Worldwide, Inc., USA

**Cooperation among Cooperatives for Sustainable Development in the Era of Global Shock [Virtual]**

Prof. Isaac K. Nyamongo, PhD, MBS, Deputy Vice Chancellor, Academic, Co-operative Development, Research & Innovation, The Co-operative University of Kenya, Kenya

**Bullying in the Workplace, Burnout, and the Protective Effects of Social Support  
[Virtual]**

Dr. Antigonos Sochos, Reader– Applied Psychology, University of Wolverhampton, UK  
(For Certificate Distribution and Chairperson's Felicitation: 2 minutes)

**Co-operative Pre-Conference Workshop - II**

**Time:** 11:00 a.m. – 12:00 Noon

**Moderator:** Advocate Hasina Pradhan, Legal Advisor, World Without Anger (WWA)

**Title:** Cooperative

Management: Ensuring  
Responsible Governance  
and Self-Regulatory  
Organizations

**Chairing the Pre-conference Workshop by:** Prof.

Dr. Keshav Raj Khadaka, Ph.D, Development  
Economist, Tribhuvan University, Nepal

**Presenter:** Dr. Sagar Kisan Wadkar, Adviser  
(Research & Study), National Cooperative Union of  
India (NCUI)

(For Certificate Distribution and Chairperson's Felicitation: 2 minutes)

**Lunch Break:** 12:00 Noon - 12:50pm

**Video demo**

12:50 - 1:20 pm

Demonstration of the “**Love Your Neighbor's Peace**” video developed by Mr. Finn Perelstein, USA (Video demo of the 'Love Your Neighbor's Peace' video developed by Mr. Finn Perelstein, USA, The American University in Bulgaria)

**Day II**  
**22 September 2024**  
**TECHNICAL SESSION – 9**  
**Global Peace, Buddhism and Yoga**  
**(Parallel Session)**

**Time: 1:40 - 2:40                      Area: Global Peace, Buddhism and Yoga**

**Conference Hall - I: Conduction by Quest Int'l College Student, Gwarko, Lalitpur**

<b>Session Chair: Prof. Matt Perelstein, EQ4Peace Worldwide, Inc.</b>
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<p><b><u>Total Time Allocation:</u></b></p>
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For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes
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For Each Paper Presenter: 9 Minutes (7 papers X 9 min)
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For Questions-Answers: 5 Minutes
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For Chairperson's Comment: 5 Minutes (Total for all papers)
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For Certificate Distribution and Chairperson's Felicitation: 3 Minutes
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**1. THE Buddhist Concept in Right Livelihood and World Peace**

Gajendra Gupta

Faculty Member, Lumbini Buddhist University, Central Campus, Nepal

**2. Self-Improvement in Respect to Inner Peace: The Process of Mind Mapping**

Kalpna Panigrahi<sup>1</sup>, and Pramod Kumar<sup>2</sup>

<sup>1</sup>Department of Management Studies, Sikkim Manipal Institute of Technology,  
Sikkim Manipal University, Sikkim India

<sup>2</sup>Indian Institute of Toxicology Research, India

**3. Spirituality, Raja Yoga, and Women Empowerment**

Chandra Katuwal, DAV College of Management, Jawalakhel, Lalitpur, Nepal

**4. Himalayan Tourism: A Spiritual Connection**

Sushma Acharya

Lumbini Buddhist University, Lumbini, Nepal

**5. Gratitude and Humility Among Vipassana Practitioners**

Namrata Singh Chhetri<sup>1</sup>, and Sanjesh Shrestha<sup>2</sup>

<sup>1</sup>Premier College, Kathmandu

<sup>2</sup>Central Department of Psychology, Tribhuvan University, Kantipur

**6. The Mental Reset Button: Digital Detox Strategies for Combating Stress and Depression in an Overconnected World**

Neha Roshni Yooshing, Zeba Aqil

Department of Humanities and Social Sciences, Integral University, Lucknow, India

**7. Finding Peace By Idolizing Buddha**

Swati Tripathi - Graduated with Bachelors of Arts Degree – Lucknow, India

**Day II**  
**22 September 2024**  
**TECHNICAL SESSION - 10**  
**Cooperative and Financial Management**  
**(Parallel Session)**

**Time: 1:40 - 2:40**

**AREA: COOPERATIVE AND FINANCIAL MANAGEMENT**

**Conference Hall - II: Conduction by** Quest Int'l College Student, Gwarko, Lalitpur

**Session Chair: Dr. Bal Ram Chapagain, Central Department of Management, Tribhuvan University**

**Total Time Allocation:**

For Chairperson for Announcing Rules of Paper Presentations: 2 Minutes

For Each Paper Presenter: 9 Minutes (7 papers X 9 min)

For Questions-Answers: 5 Minutes

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

For Certificate Distribution and Chairperson's Felicitation: 3 Minutes

1. **Empowering Women Entrepreneurs: Evaluating Access to Credit, Financial Literacy, Technical Know-How, and Government Support in Kathmandu Valley**  
 Nikky Khadgi and Udaya Raj Paudel  
 Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
2. **Factors Affecting Acceptance of Fintech Services Offered by Nepalese Banks**  
 Rabin Oli, Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
3. **Gig Workers' Participation in the Gig Economy: A Bibliometric Analysis**  
<sup>1</sup>Prashiddha Basnet, <sup>2</sup>Sushanta Kumar Mahapatra, <sup>1</sup>Niranjan Devkota, <sup>1</sup>Mijala Kayestha, <sup>3</sup>Ram Krishna Chapagain  
<sup>1</sup>Kathmandu Model College, Tribhuvan University, Bagbazar, Kathmandu, Nepal  
<sup>2</sup>Department of Economics, Faculty of Social Sciences, IBS Hyderabad Campus, ICFAI Foundation for Higher Education (IFHE), Deemed University, India  
<sup>3</sup>Department of Commerce, Delhi School of Economic, University of Delhi
4. **Corporate Social Responsibility and Bank Performance: A Mediating Role of Corporate Image**  
 Sita Bhujel, Devid Kumar Basyal, and Bal Ram Chapagain  
 Quest International College, Pokhara University, Gwarko, Lalitpur, Nepal
5. **Examining the Influence of Demographic Characteristics and Personality Traits on Organizational Commitment Among Workers in Nepalese Savings and Credit Co-operatives**  
 Dess Mardan Basnet<sup>1</sup> and N.P. Aryal<sup>2</sup>  
<sup>1</sup>Bachan Co-op Research Unit, Bachan Saving and Credit Co-operative Ltd., Dillibazar, Kathmandu, Nepal,  
<sup>2</sup>Faculty of Management, Saraswoti Multiple Campus, Tribhuvan University, Kathmandu, Nepal
6. **Impact of Social Media Network on Consumer Purchase Behavior**  
 Amita Koirala  
 Kathmandu Model College, Tribhuvan University, Bagbazar, Kathmandu, Nepal  
 Corresponding email: amita@kmcen.edu.np  
 Ajay Dhakal  
 Kathmandu Model College, Tribhuvan University, Bagbazar, Kathmandu, Nepal
7. **Exploring the Dynamics of Emotional Intelligence among Adolescents**  
 Author : Shivanshi Mishra Lucknow , India

**WWA/EQ4PECE 11th Annual International Peace Conference | HYBRID  
Pathways to Global Peace through Emotional Intelligence, Positive Mental  
Health, Human Behavior, and Cooperative Management  
Venue: Quest International College, Gwarko, Lalitpur, Nepal**

**Day II  
22 September 2024, Sunday**

**Valedictory Session**

**Time:** 3:00 - 4:00 pm

**M.C.:** Mr. Mukunda Raj Khanal, Executive Member/Programme Coordinator, WWA and WWA/EQ4Pece 11<sup>th</sup> Conference, National Advisory Committee Chair

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

**Arrival of Chief Guest:** 2:30

**Proposing the Chairperson**

1. Ms. Joyti Sherchan, Chairperson, Quest International College, Gwarko, Lalitpur

**Call to the Dais**

2. Dr. Dhruba Raj Regmi, National Program Officer, UNESCO Nepal, Chief Guest of the 11th WWA/EQ4Peace Conference
3. Associate Prof. Dr. Madhya Zhagan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia, Special Guest of the 11th WWA/EQ4Peace Conference
4. Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and Law, Nepal Open University (NOU), International Chair of the 11th WWA/EQ4Peace Conference
5. Dr. Dess Mardan Basnet, Founder/President, WWA and International Organizing Secretary of the 11th WWA/EQ4Peace Conference
6. Dr. Sagar Kisan Wadkar, Adviser (Research & Study), National Co-operative Union of India (NCUI)
7. Dr. Laxman Shakya, Vice President, WWA and Guest of the 11th WWA/EQ4Peace Conference Committee
8. Mr. Bharat Giri, General Secretary, World Without Anger (WWA), Guest of the 11th WWA/EQ4Peace Conference
9. Dr. David Basyal, Head, Quest Research Cell, Quest International College, Gwarko, Lalitpur, Nepal, and Guest of the 11th WWA/EQ4Peace Conference Committee
10. Ms. Paula Perelstein, Treasurer, EQ4Peace Worldwide Inc., USA, and Guest of the 11th WWA/EQ4Peace Conference Committee
11. Dr. M.A. Khalid, Director, Professional Institute of Business, Bangladesh (Virtual)

### **Bouquet Presentation**

1. By the Chairperson of the Program to the Chief Guest, Dr. Dhruba Raj Regmi, National Program Officer, UNESCO Nepal, of the 11th WWA/EQ4Peace Conference
2. By the Conference Coordinator to Prof. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia, Special Guest of the 11th WWA/EQ4Peace Conference

### **Welcome Speech**

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

### **Award Function - 2024**

#### **WWA Visionary Achievement Award - 2022**

It is awarded to

Mr. Purshottam Giri, Vice-Principal, Bheem Secondary High School by the Chief Guest

#### **WWA Visionary Achievement Award - 2023**

It is awarded to

Mr. Suresh Dhimal, Treasurer, World Without Anger (WWA), Nepal by the Chief Guest

#### **WWA Volunteer Achievement Award - 2022**

It is awarded by the Special Guest to

1. Mr. Dillip Phuyal, Senior Photographer, World Without Anger (WWA), Nepal - 2022
2. Mr. Sandeep Shrestha, Principal, Sambriddhi College, Banasthali, Kathmandu, Nepal - 2023

### **Sharing Thoughts on the 11th WWA International Conference**

1. Ms. Paula Perelstein, Treasurer, EQ4Peace Worldwide Inc., USA, and Guest of the WWA/EQ4Peace Conference Committee
2. Dr. Sagar Kisan Wadkar, Adviser (Research & Study), National Cooperative Union of India (NCUI)
3. Dr. M.A. Khalid, Director, Professional Institute of Business, Bangladesh (Virtual)

### **Highlight of the Program:**

Dr. Laxman Shakya, Vice President, WWA, 11th WWA/EQ4Peace Conference

**Guest Speakers:**

1. Associate Prof. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia
2. Dr. Dhruba Raj Regmi, National Program Officer, UNESCO Nepal, Chief Guest of the 11th WWA/EQ4Peace Conference

**Distribution of Certificates and Prizes** to the Participants, Best Paper Award, Critic Award and Volunteers by the Chief Guest of the Valedictory Session

**Vote of Thanks:**

Dr. David Basyal, Head, Quest Research Cell, Quest International College, Gwarko, Lalitpur, Nepal, and Guest of the 11th WWA/EQ4Peace Conference Committee

**Concluding Remarks:**

Ms. Joyti Sherchan, Chairperson of the 11th WWA/EQ4Peace Conference, Valedictory Session

**Cultural Program** conducted by Quest International College, Gwarko, Lalitpur

*Refreshments and Group Photo Session*

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# THE ROLE OF EMOTIONAL INTELLIGENCE IN INNER AND INTERPERSONAL PEACE LOGESH

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## Abstract

From Alexander's ambition for the invasion on Persia in BC to the revolt of French people due to their resentment in AD, emotion played a crucial role in designing the history. Emotion not only impacts things on a global level. Pausing between emotion and action is essential to maintain a good interpersonal relation. Even though the intelligence quotient brings the ability to do something, emotions like motivation and eagerness are what bring them into action. So that's where the emotional intelligence plays a vital role.

Emotional intelligence is the ability to perceive, understand, manage, and reason with emotions. Without that perception and understanding we would be unable to get comfortable with or manage our emotions. We will also struggle to form strong relationships. This can turn us feel lonely and affect our inner peace and the surroundings.

Emotional intelligence may sound like an oxymoron. Since most of us think our emotions and intelligence are two separate things. But putting them together as emotional intelligence is essentially a different way to be smart which means the capacity to be aware of control and express one's emotions and to handle interpersonal relationships judiciously and empathetically.

The four core parts of emotional intelligence are self-awareness, self-regulation, social awareness, and relationship management. Self-awareness is the state of mindfulness which is the understanding of your current emotional state and how our surrounding is impacting us. Self-regulation means handling and redirecting your emotions to get a positive result. By being self-aware and self-regulated we can attain inner peace. As an example of that, emotions such as humor, laughter, and play serve as natural antidotes to stress. On the other hand, social awareness and relationship management help us to attain interpersonal peace by the means of understanding others' feelings (empathy) and reacting in a better way. By procuring inner and interpersonal peace we can transcend towards global peace. As conclusion, Emotional Intelligence acts as a deciding factor along with the Intelligence Quotient for procuring peace from individual to global scale.

**Keywords:** EQ, Inner Peace, Interpersonal Peace, Empathy

# **IMPACT OF SOCIAL MEDIA NETWORKS ON CONSUMER PURCHASE BEHAVIOR**

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## **Abstract**

Social media significantly impacts how people buy products by allowing direct interaction with brands and providing easy access to product information and reviews. However, there is a lack of digital literacy and online security awareness among Nepali consumers where there is mistrust in e-commerce platforms and the authenticity of online goods. This study utilized the Theory of Planned Behavior to explore the impact of social media networking on consumer purchase behavior in Kathmandu Valley. The study employed convenience sampling to survey Generation Z individuals in Kathmandu Valley, collecting 488 responses to analyze social media's influence on consumer purchasing behavior using the partial least squares structural equation modeling (PLS-SEM) version 4.0 software. The research found that entertainment value, current trends, and interactive features on social media significantly influence consumer purchasing behavior, while customization does not. These findings highlight the importance of engaging and using trendy content in driving consumer decisions. The study enables consumers to become aware about social media networks on their purchasing behavior.

**Keywords:** Social Media, Purchasing Behavior, Consumer Decision

# **EXPLORING THE DYNAMICS OF EMOTIONAL INTELLIGENCE AMONG ADOLESCENTS**

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## **Abstract**

A hidden disparity in emotional intelligence (EI) exists among adolescents, sparking a fascinating paradox. Our study reveals that female adolescents exhibit higher emotional expression, while males demonstrate greater diligence. This imbalance raises important questions about the underlying causes and potential consequences. Our investigation into the doll's set of emotions uncovered societal expectations and gender norms as primary contributors to this disparity. Females are encouraged to express emotions, yet face discrimination, while males are pressured to suppress emotions, leading to emotional numbness. This imbalance has far-reaching consequences, including impaired relationships, decreased motivation, and limited emotional literacy. To bridge this gap, we propose gender-sensitive interventions, emotional awareness workshops, and inclusive education. By redefining traditional gender roles, we can foster emotional expression and regulation in both males and females.

Our study offers novel insights and practical solutions to promote EI, empowering adolescents to develop robust emotional regulation, empathy, and resilience. Furthermore, our findings highlight the need for a nuanced understanding of EI, recognizing both the benefits and limitations of emotional expression and diligence. By addressing this emotional paradox, we can cultivate a more empathetic, resilient, and balanced younger generation, equipped to navigate complex social dynamics and thrive in an ever-changing world. Ultimately, this research aims to inform evidence-based strategies for promoting emotional intelligence and well-being among adolescents.

**Keywords:** Emotional Intelligence, Adolescents, Gender, Suppression, Expression

# FINDING PEACE BY IDOLIZING BUDDHA

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## Abstract

Buddha, a social critique and social reformer was not just a religious preacher. Providing people with new perspectives of observing life and following paths that lead us to both external and internal peace was the main philosophy of his religion. Symbolizing peace as "Deer" with many more attributes like harmony, happiness, and longevity, Buddha has uplifted the cultural traditions towards grace and spirituality. His concept of peace stands on the basis of the cause-effect relationship as also explained by him in the 'Four Noble Truths'. He claimed that anything (physical, mental or emotional) can only exist in relation to everything else; if the causes of its existence disappear, then it ceases to exist.

To achieve peace within a person, the Buddhist approach is to observe and reflect upon the conditions in the external and mental operations, and then to decide on the most appropriate course of action as a response to the outer and inner environments.

In order to find true inner peace, Buddhism has provided us with various ways, such as:

1. Meditation- This involves both Vipassana and Samatha i.e. mindfulness meditation and concentration meditation.
2. Mindfulness- Being present at the moment and observing social realities without a judgmental perspective which will further reduce stress and increase awareness.
3. Ethical Living- Following ethical guidelines like Ahimsa, Satya, Asteya; which are relevant to today's changing world scenario.
4. Compassion and loving-kindness.
5. Understanding Impermanence- Recognizing everything is transient to reduce attachments and sufferings.
6. Cultivating wisdom- Develop rationality in observing and making decisions to avoid taking wrong decisions and performing inappropriate actions.

In Buddhist teachings, equanimity, or peace of mind, is achieved by detaching oneself from the cycle of craving that produces dukkha. So, by achieving a mental state where you can detach from all the passions, needs and wants of life, you free yourself and achieve a state of transcendent bliss and well-being.

**Keywords:** Peace, Buddha, Understanding, Kindness, Transcendence

# **EMOTION REGULATION: IMPACT OF “TAKING A PAUSE AND BECOMING SELF-AWARE” BEFORE ACTING ON NEGATIVE EMOTIONAL IMPULSES IN INTERPERSONAL INTERACTIONS**

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## **Abstract**

Mindfulness practices, like Mindfulness-Based Stress Reduction, have been shown to enhance the ability to respond more consciously to emotional impulses. However, to our knowledge, no study has been done to understand the specific impacts of acting consciously in interpersonal relationships. The purpose of this study was to understand the impact of taking a pause and becoming self-aware before acting on negative emotional impulses. Fourteen individuals with a minimum of six months of active practice were interviewed and audio-recorded.

The qualitative data was then analyzed to generate codes and themes and organized into different impact categories or higher-order themes. Participants described both the positive and negative impacts of the practice. Better emotion regulation was the primary benefit shared by the respondents. This further positively contributes in various ways, such as fewer unintended consequences; less guilt emotion; higher social confidence; positive social perception; the development of a non-reactive culture; and better interpersonal communication.

The practice also had some associated negative impacts in the form of a higher emotional burden and an increased tendency of taking for granted. The overall impact of the practice was found to be increased interpersonal well-being. Overall, the practice had far greater positive impacts than negative ones, leading to higher intrapersonal and interpersonal well-being in personal and professional relationships.

**Keywords:** Emotion regulation; Self-awareness; Mindfulness; Relationships; Decision Making

# **SOCIAL PEACE FOR WATER: ANALYZING THE ROLE OF WATER MANAGEMENT IN PROMOTING SOCIAL STABILITY AND PREVENTING CONFLICTS**

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## **Abstract**

Globally, societal instability and conflict are increasingly understood to be significantly influenced by both water scarcity and poor management. This study examines how crucial good water management is to promoting societal harmony and averting conflicts, especially in areas where tensions over water are likely to arise. This project investigates the connection between water resources, social justice, and conflict resolution using an interdisciplinary approach. The research emphasizes the effects of just water distribution, transboundary collaboration, and community-based water governance on social stability through the analysis of case studies from conflict-prone locations. In addition, the study analyzes novel approaches to reducing water-related conflicts, such as Integrated Water Resources Management (IWRM) and technical improvements, as well as the socioeconomic, cultural, and gender factors that drive these disputes. The results are intended to educate international organizations, policymakers, and Educating local communities on how to plan and carry out water management strategies that guarantee sustainable water use and foster social harmony over the long run. The effects of acknowledging access to water as a fundamental human right on social justice and peace. The ways that unequal access to water resources may aggravate social injustices and spark instability. How the distribution and availability of water are changing due to climate change, and consider how these changes may lead to new conflicts or worsen already-existing tensions. Suggests tactics to improve resilience in areas that are susceptible.

**Keywords:** Water management, social stability, conflict prevention, water scarcity, Integrated Water Resources Management (IWRM)

# **IMPACT OF EMOTIONAL INTELLIGENCE ON SOCIAL ANXIETY AMONG YOUNG ADULTS**

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## **Abstract**

Emotional Intelligence (EI), the capacity to recognize, understand, manage, and effectively utilize emotions, plays a crucial role in navigating complex social environments. Conversely, social anxiety is characterized by intense fear or apprehension in social settings, often resulting in avoidance behaviors that can significantly impede both personal and professional growth. This study investigates the nuanced relationship between EI and social anxiety in young adults, a life stage marked by identity development and increased social engagement. A total sample of 50 adolescents from various regions of India were selected using purposive sampling through an online survey. Data were collected using the Emotional Intelligence Scale and Social Anxiety Scale. Mean, standard deviation, t-tests, and correlation analyses were applied for statistical evaluation. The results revealed that there is a significant relationship between Emotional Intelligence and social anxiety among young adults. These findings underscore the importance for mental health professionals, educators, and policymakers to prioritize the development of Emotional Intelligence, particularly in educational and social contexts where social anxiety is prevalent, to enhance well-being and foster healthier social interactions among young adults.

**Keywords:** Emotional Intelligence, Social Anxiety, Mental health, Wellbeing



# **SELF-IMPROVEMENT IN RESPECT TO INNER PEACE: THE PROCESS OF MIND MAPPING**

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## **Abstract**

The objective of this paper is to provide different options to achieve something important in life which is applicable to achieving the goal of life, such as being happy and making others also happy. Inner peace is in ourselves and how is attained, by meditating in isolation or going on a vacation, or as promoting world peace and happiness. Peace does not have only one point, that is inner peace but it is the objective of life in all aspects. There is no standard operating procedure to achieve it or mandatory steps to be active in inner peace. The inner peace is a more challenging and hectic process for psychological research, to achieve in a routine lifestyle.

The mind is the place where peace is located and thinking regularly about the past and the future. Whenever individuals feel any thoughts or feelings coming up may affect their brain itself. Our objective will be to attain peace of mind for that we try to shift our attention with positivity. The easy way to concentrate on breathing or do anything that an individual can do to avoid the sensation is like drinking a cup of coffee. Emotion is the force which creates energy which disturbs their psyche. The energy is never lost but conversion is the best way to neutralize it. Self-determination is the best tool by which an individual may avoid the negative energy into a positive attitude and achieve inner peace. The Research found that people who are more connected with nature are usually happier in life.

**Keywords:** Mind Mapping, Inner Peace, Self-Improvement, Emotion, Psychology

# THE INTERPLAY BETWEEN PARENTING STYLES AND EMOTIONAL DEVELOPMENT IN CHILDREN

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## Abstract

Parenting styles play a critical role in shaping the emotional development of children, so exploring the effects of different parenting approaches on emotional regulation and competence is fundamental for improving child well-being and developing evidence-based parenting practices. A comprehensive understanding of these influences is critical to fostering emotional resilience and supporting healthy emotional growth in children.

**Objective:** This review aimed to analyse the relationship between parenting styles and children's emotional development, focusing on how different parenting approaches impact emotional competence and regulation.

**Method:** A thorough literature analysis was conducted using specific search criteria across databases like PubMed, Google Scholar, and ScienceDirect. Keywords included "parenting styles" and "emotional development." The review includes studies based on relevance, focusing on parenting styles, emotional regulation, and attachment. The data analysis involved synthesizing key findings and identifying consistent patterns across studies.

**Results:** The findings from 20 articles reveal that authoritative parenting is consistently linked to positive emotional outcomes, including better emotion regulation and emotional intelligence. However, the impact of authoritarian and permissive styles varies by culture. In some cultures, authoritarian practices may be viewed positively due to cultural norms, while permissive styles may have different effects. Additionally, effective parental communication and supportive family environments are crucial for promoting emotional well-being.

**Conclusion:** The review highlights the importance of adopting authoritative parenting practices to enhance children's emotional resilience and socio-emotional skills. There is a need for culturally sensitive interventions, such as parenting workshops, which are recommended to educate caregivers on effective strategies for emotional support. Further research is needed to explore the cultural and contextual factors influencing the relationship between parenting styles and emotional development.

**Keywords:** Parenting Styles, Emotional Development, Emotional Regulation, Attachment

# **CULTIVATING MENTAL HEALTH AND EMOTIONAL INTELLIGENCE FOR INNER PEACE**

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## **Abstract**

In the 2024 financial year, approximately 12 billion Indian rupees are being allocated to mental health in India. This investment is likely driven by the growing recognition of the impact of mental health issues on individuals and society. Mental health can be significantly affected by factors such as a lack of inner peace, emotional intelligence, and effective anger management. Inner peace, which refers to the absence of ill will, can be achieved through integrating physical, mental, and spiritual aspects of one's personality. Methods to cultivate inner peace and emotional intelligence include practices such as Brahmari, Pranayama, trekking, fasting, observing days of silence, mobile-free weekends, selfless service, personal reflection, and reading scriptures. Developing emotional intelligence involves managing emotions to avoid blindness and cultivating empathy while understanding sympathy. Ultimately, achieving global peace requires recognizing that personal peace is interconnected with broader factors. "Live in peace, not in pieces". As the saying goes, "The day the power of love overrules the love of power, the world will know peace."

**Keywords:** Inner Peace, Emotional Intelligence, Compassionate Understanding.

# QUALITY OF LIFE OF NEPALESE ADULTS WITH STUTTERING DISORDER

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## Abstract

**Introduction:** Quality of life is important for the well-being of humankind. Quality of life refers to an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns. Realising the essence of quality of life in each individual, a qualitative study was conducted to explore the educational, social, employment, and emotional aspects of quality of life, along with the coping mechanisms and self-acceptance of Nepalese adults with stuttering disorder.

**Methodology:** The study was conducted using a phenomenological research design. Purposive sampling method in-depth interviews were conducted with five adults who were suffering from stuttering. The interview scripts were transcribed in English, and the responses to each in-depth interview question were coded into different themes on the basis of the thematic analysis of the responses given by respondents to the questions in the interview schedule.

**Results:** In the educational aspect, two themes emerged; difficulty in classroom participation and teacher's response and role. Two themes emerged under the social aspect; negative reactions during social interactions, and difficulty in social interactions. In the employment aspect, three themes emerged; difficulty in getting jobs, negative experiences during the job, and choice of job. One theme each under family life and marital life were identified; understanding family members but difficulty in finding accepting partners and concern about the heritability of stuttering to children. Sadness was the theme identified under emotions evoked by stuttering, and practice of speech exercises, positive coping mechanisms, social exposure, and consultation with experts under coping techniques. Under self-acceptance, two major themes emerged; difficulty in accepting themselves, and support from the National Stuttering Association.

**Conclusion:** The findings of the study showed that stuttering created challenges in every step of the participants' lives, involving psychological, social, and other challenges.

**Keywords:** Quality Of Life, Nepalese Adults, Stuttering

# **EFFICACY OF POSITIVE PSYCHOLOGY-BASED SOLUTION-FOCUSED THERAPY ON PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS: A SYSTEMATIC REVIEW**

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## **Abstract**

Positive psychology encourages a focus on well-being, optimism, and personal growth, rather than on problems. When integrated into solution-focused therapy (SFT), it helps adolescents envision a future based on their existing strengths and resources, rather than dwelling on their issues. This post-modern therapeutic approach is grounded on the idea that solutions arise from the “exception” of the problem itself. The study aims to identify the “Efficacy of the positive psychology-based Solution focused therapy on the psychological well-being among adolescents”. A comprehensive search was conducted across the databases of Science Direct, Web of Science, Scopus, PsycINFO, EBSCOhost, ProQuest, Google Scholar, and other repositories resulting in 25 research articles, a book chapter, and 2 books. In conclusion, the systematic analysis of the research studies suggested consistent and corroborative evidence of the positive outcome of the Positive psychology-based Solution-focused therapy in 25 research studies. However, 3 studies contradicted the outcome of the therapy and suggested further research to provide robust evidence with regard to the same. The findings of the study will be useful in Developing positive psychology-based Solution-focused therapies for the psychological well-being of adolescents as well as for future research.

**Keywords:** Positive Psychology, Solution Focused Therapy, Adolescents, Eclectic Approach

# **PSYCHO-SOCIAL PROBLEMS AMONG SCHOOL STUDENTS OF GORKHA AFTER THE GORKHA EARTHQUAKE**

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## **Abstract**

**Introduction:** Natural disasters create both physical destruction and negative psychological effects that disturb the daily functioning of the affected people making them vulnerable to mental health and psychosocial problems. Children are even more vulnerable to many psychosocial problems. This study was an attempt to shed light on the psychosocial conditions of the children affected by the earthquake.

**Methodology:** A descriptive study design was used and two hundred children, aged between 12 to 18 years, from schools in Gorkha district, the epicenter of the earthquake, were recruited. Two sets of questionnaires concerned with anxiety-related emotional disorders and trauma symptoms were applied. Data were analyzed using SPSS.

**Results:** Findings indicated around 90% of children suffered from psychosocial problems. On types of psychosocial problems, 90.5% of the students were found to have anxiety and 68% were experiencing trauma after the devastating earthquake. Differences in the prevalence of anxiety problems between girl and boy students were found. More girls (57.45%) have anxiety problems than boys. The differences were also visible in the types of anxieties where girls were found suffering more from panic disorder, GAD, separation anxiety, social anxiety, and school avoidance. Similarly, girls also suffered more from PTSD (60.9%) than boys.

**Conclusion:** The study found a high prevalence of psychosocial problems among children in the Gorkha district following the earthquake. Female students were more susceptible to negative psychosocial health conditions than male students.

**Keywords:** Psychosocial Problems, Children, Earthquake, Gorkha

# **THE EFFECT OF POSITIVE PSYCHOLOGY ON COLLEGE STUDENTS WITH SPECIAL REFERENCE TO COMPETITIVENESS MANIFEST**

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## **Abstract**

Homo sapiens are inherently competitive, particularly in the pursuit of resources such as food, shelter, employment, and mates. Competitiveness is characterized by the drive to surpass others or achieve superior outcomes and can be observed across various domains, including sports, academics, and business. Individuals exhibiting competitiveness often set ambitious goals and strive to achieve them, a process that aligns with the principles of manifestation. Manifestation involves bringing desired outcomes into reality through focused thought, intention, and action. However, prior research has criticized manifestation practices for potentially leading to overconfidence, inaction, and frustration when desired outcomes are not realized. This paper aims to demonstrate that, despite the potential for manifestation to foster unrealistic expectations, positive psychology can mitigate the disappointment associated with unmet goals. Even if individuals do not immediately adopt a positive outlook, positive psychology can facilitate long-term progress.

**Keywords:** Competitiveness, Manifestation, Positive Psychology

# DISASTER AND MENTAL HEALTH IN NEPAL: A SCOPING REVIEW

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## Abstract

**Background:** Nepal's susceptibility to natural disasters stems from its geographical positioning and varied topography, making it prone to frequent and severe events such as earthquakes, floods, and landslides. The 2015 Gorkha earthquake stands out as one of the most catastrophic events in recent memory, leading to the loss of nearly 9,000 lives, injuries to more than 22,000 people, and widespread displacement. The disaster also caused extensive damage to infrastructure, residential areas, and cultural heritage sites. The annual monsoon season often exacerbates these challenges, bringing intense rainfall that triggers destructive floods and landslides, resulting in significant fatalities, displacement, and damage to property and agricultural lands. The mountainous landscape further increases the likelihood of landslides, particularly during heavy rains, which can devastate entire communities and disrupt critical transportation routes.

The psychological toll of these natural disasters is considerable, with many survivors suffering from mental health conditions such as post-traumatic stress disorder (PTSD), which is often characterized by flashbacks, severe anxiety, and intrusive memories of the traumatic events. Depression is also widespread, especially among individuals who have experienced the loss of loved ones, homes, or livelihoods. Anxiety disorders are aggravated by the ongoing fear and uncertainty surrounding potential future disasters, while adjustment disorders manifest as challenges in adapting to life after the disaster, leading to various emotional and behavioral issues. Additionally, some individuals may turn to substance abuse as a coping mechanism, further complicating their mental health struggles.

**Methods:** This study employs a scoping review methodology, covering the period from January 2012 to December 2024. The data for this review were collected from several bibliographic databases focusing on mental health, including ERIC, which yielded 124 articles, of which 56 were peer-reviewed, 14 provided full text, and 3 were included after title screening. Additional sources included PubMed, PsycINFO, and Google Scholar, which collectively returned 25,700 articles. Public health web data mining techniques were applied to extract relevant data.

**Results:** The scoping review analyzed 2,740 articles related to "disaster and mental health in Nepal" and revealed significant insights. The prevalence of mental health disorders such as PTSD, depression, and anxiety is notably high among disaster survivors, with a particular spike following the 2015 earthquake. Vulnerable populations, including children, women, the elderly, and those with pre-existing conditions, are disproportionately impacted. Despite these challenges, Nepal's strong cultural practices and community networks play a crucial role in enhancing resilience and helping individuals cope with psychological distress. However, the review also highlights a significant barrier: the lack of adequate mental health services, which is compounded by a shortage of trained professionals and insufficient infrastructure. The findings emphasize the urgent need for integrated interventions, such as community-based mental health programs and the inclusion of mental health services in disaster response efforts, to effectively support the affected populations.

**Conclusions:** The magnitude of mental health challenges in Nepal, as discussed in this paper, underscores the urgent need for the Nepalese government, along with its national and international partners, to prioritize and invest in the prevention and treatment of mental illnesses across the country. Establishing guidelines for prioritizing interventions is essential to address these pressing issues effectively.

**Keywords:** Mental Health; Disaster; Coping Mechanisms; Scoping Review; Bibliographic Database.



# **JOB STRESS AND COPING STRATEGIES AMONG SPECIAL EDUCATORS WORKING WITH AUTISTIC CHILDREN**

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## **Abstract**

**Introduction:** Special educators face numerous psychological stresses due to the job demands. Special educators work with children diagnosed with neurological disorders such as Autism Spectrum Disorder, Down Syndrome, Cerebral Palsy, Global Developmental Delay, etc. The aim of this study is to explore job stress and coping among special educators who work with autistic children.

**Methods:** Using qualitative research design, 13 special educators with a minimum of 1 year of experience in this field from different special schools in Kathmandu Valley were interviewed. Semi-structured interviews with open-ended questionnaires were conducted. Data analysis and interpretation were conducted using the Interpretative Phenomenological Approach (IPA).

**Results:** The result revealed that special educators often experience job stress while working with hyperactive children with behavioral issues such as hitting and biting, unmet expectations of children's parents, misunderstandings among colleagues, and pressure from the administration. Regarding their coping strategies, few reported they engage in self-care activities, some said they watch movies, listen to music, visit peaceful places, hang out with friends and family, seeking advice and guidance from seniors which have been effective for them.

**Conclusion:** The major stressors for special educators were hyperactive children and a lack of understanding by the parents and administration. To cope with their stress, some participants take a break from social life and some engage more with their social groups. The different coping mechanisms adopted by the participants, whether practicing solitude or socializing, emphasize the personal way of managing stress.

**Keywords:** Special Educators, Autism Spectrum Disorder, Coping Mechanisms

# **A LONGITUDINAL ANALYSIS OF SELF-RATED HEALTH, OBJECTIVE HEALTH, AND LIFE SATISFACTION AMONG ELDERLY ACROSS DIFFERENT SOCIAL CLASSES**

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AND HOSPITAL, BHARATH UNIVERSITY

## **Abstract**

The majority of the elderly experience heightened health-related concerns and disability apprehensions, particularly after entering their 60s. Self-rated health (SRH) has emerged as a significant psychological indicator of longevity. Health-related self-perception, acting as a moderating variable, strongly influences physical well-being, which subsequently contributes to mental well-being. In this context, data on SRH and Objective health life satisfaction were drawn from a 3-year prospective study involving three cohort groups (ages 55-60, 61-65, and 66-70). The study tracked 120 middle-aged and elderly men and women across three consecutive years, revealing a significant association among SRH, objective health, and life satisfaction. No significant differences in age, gender, or education were observed across the three consecutive years, except at Time 1, where a significant difference was found between men and women.

**Keywords:** Elderly, Self-Rated Health, Physical Wellbeing, Mental Wellbeing, and Life Satisfaction.

# **PREVALENCE AND FACTORS ASSOCIATED WITH EMOTIONAL AND BEHAVIORAL PROBLEMS AMONG SCHOOL-GOING ADOLESCENTS IN MORANG DISTRICT OF NEPAL**

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## **Abstract**

Addressing the individual's perception towards urban nature park plays a vital role to ensure effective planning, management, and utilization of resources of Kathmandu Valley. While existing research highlights how urban nature parks benefit people by offering a break from city life and promoting well-being, we still lack a clear understanding of how people feel about these parks. We need more studies that look at different aspects of attitudes and consider factors like age, gender, education, and cultural background. This research study aims to examine the people's opinion toward urban nature parks of Kathmandu Valley. Our research employs an explanatory design and gathered responses from 215 participants using convenience sampling. The findings suggest that the individuals (98.6%) have visited urban nature parks, with the most popular choices being Shivapuri National Park (45.58%), Chandragiri Hills (48.37%), and Dream of Garden (37.21%). Also, the data indicates that urban nature parks play a significant role in the community's well-being, as respondents overwhelmingly agreed that parks contribute to their overall life enhancement (91.63%) and promote environmental awareness (99.53%). Policymakers and agencies should implement outreach, youth initiatives, discounts, maintenance, community campaigns, recreational surveys, staff training, and cleanliness programs, with regular monitoring of urban nature parks to enhance public engagement, accessibility, maintenance, environmental and health benefits, and overall community well-being.

**Keywords:** Urban Nature Park, Health Benefit, Community well-being, Environmental Awareness, Kathmandu Valley

# PSYCHO-SOCIAL IMPACT OF COVID-19 AMONG MEDICAL STUDENTS OF A MEDICAL COLLEGE IN EASTERN NEPAL

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## Abstract

**Introduction :** COVID-19, a profoundly contagious viral disease caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), has had a devastating impact globally, leading to over 6 million fatalities worldwide. Covid 19 caused isolation, anxiety, grief, economic stress, and disrupted routines, leading to mental struggles, strained relationships, and increased demand for mental health services globally.

**Objectives:** The objectives of this study were to find out the psychosocial impact of covid 19 among medical students and to assess the factors associated with the psychosocial impact of covid 19.

**Methodology:** A cross-sectional study was carried out among all medical students of medical college in Eastern Nepal from August 2022 to January 2023. Data was collected from 258 eligible participants using the GHQ12 questionnaire. The chi-square test was applied for assessing the association between dependent and independent variables and binary logistic regression analysis was used to find the determinants.

**Results:** The present study was conducted among 258 medical students. Among them 43.0% had normal psychological status, 27.5% were borderline 15.5% showed evidence of psychological distress and 14.0% were experiencing severe psychological distress. Bivariate analysis between socio-demographic characteristics and psychosocial status showed gender, work overload, work hours in covid ward, exposure to false covid information, and covid quarantine were significantly associated with psychological distress at p-value < 0.05. Further important variables were run for multivariate analysis which revealed age (B=3.46, CI:1.45-8.23 and P=0.005), gender (B=3.20, CI: 1.61-6.37 and P=0.001), and work overload (B=9.63, CI: 4.32-21.49 and P=0.000) were found as significant predictors/determinants of psychological distress. Age greater than 24 years, female gender, and higher workload were significantly associated with psychological distress.

**Conclusion:** The psychological distress among the medical students due to covid 19 was an appalling situation. The study found age >24 years, female gender and higher workload were the predictors of psychological distress Integrated efforts from medical college, parents, peers, and faculties are to be initiated to address the existing problems.

**Keywords:** Covid, Pandemic, Distress, Medical Students

# **JOB SATISFACTION AND PSYCHOLOGICAL WELL-BEING AMONG EMPLOYEES OF NAGARJUN MUNICIPALITY OFFICE**

SABINA GIRI, RESEARCHER

## **Abstract**

This study investigated job satisfaction and psychological well-being among employees of the Nagarjun Municipality Office in Kathmandu, recognizing the importance of these factors for organizational performance and employee morale within local government contexts. The primary objectives were to evaluate job satisfaction and psychological well-being among municipal employees, analyze these variables based on demographic characteristics, and assess the correlation between them.

An analytical cross-sectional research design was employed, involving all 214 employees of the Nagarjun Municipality, with 201 valid responses obtained. Data collection methods included informed consent, a demographic questionnaire, Ryff's Psychological Wellbeing Scale (PWB-S), and Paul Spector's Job Satisfaction Survey (JSS). The results indicated that employees experienced ambivalent job satisfaction and average psychological well-being. A moderate yet significant positive correlation between job satisfaction and psychological well-being was observed, suggesting that an increase in job satisfaction is linked to enhanced psychological well-being. Furthermore, female employees reported significantly higher psychological well-being compared to their male counterparts. Job satisfaction was significantly influenced by work experience, with employees possessing 5-10 years of experience reporting the highest satisfaction levels.

In conclusion, this study highlighted the importance of addressing job satisfaction and psychological well-being among public service employees, especially those aged 18-55, who constitute the active workforce. The findings imply that improving job satisfaction can lead to better psychological well-being, benefiting both employees and organizations and eventually contributing to the nation's development.

**Keywords:** Job Satisfaction, Psychological Well-Being, Demographic Characteristics, Organizational Performance, Public Service Employees.

# **A STUDY ON THE RELATIONSHIP BETWEEN SELF-EXPLORATION AND ANGER MANAGEMENT**

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## **Abstract**

Anger arises only when there is an inability to think collectively and caring only ourselves. None of the living beings in this world is neither superior nor inferior. This stereotyping about certain things rules our minds hence building the character which pretends to control others. The main reason behind this is only our misunderstanding of the whole life. Within us, we create boundaries, and we aren't willing to come out of these small circles. We didn't even Really know what the real purpose of life is and how it is meant to be. To break these boundaries, we often need an external push towards the Truth and the hard Reality. Experiencing different aspects and views of our life changes the way we perceive things. This can be achieved in a tremendous and fascinating experience by Travelling and exploring different kinds of situations and overcoming our hard ego. When I say about exploring it isn't merely getting out of home to famous places. But the Truth is I am influenced by the nature and peace disclosed by Mother Nature. It tends me to an unimaginable dimension of my own mind, where my mere Ego rusts and fell without my own permission. The reality is, even a 30 Gram sparrow can teach us a whole life lesson when we pay kind attention to it. When we experience very hard situations and when we're self-reliant, then we would not need to take control of other's lives in our hands. We just need to set free the people we locked in our minds. To make ourselves and others joyful, we expressing joy is the tool and not expecting joy from others. When we express kindness and love towards others there isn't a need for Anger to take a place within us.

**Keywords:** Exploration, Traveling, Collective consciousness, Self-reliant

# INFLUENCE OF POSITIVE PSYCHOLOGY ON ADOLESCENT MENTAL HEALTH

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## Abstract

Multi-dimensional influence of positive psychology is the potential to create a positive impact on the various spheres at the development stage of adolescents. Though, without a principle-based conceptual foundation had much potential to guide its study of optimal youth functioning, and positive psychology, however ultimately not much potential to keep its promise. This study potentially suggests that the level of principles of Mind, Thought, and Consciousness can provide positive psychology with a clearer understanding of optimal psychological functioning, serve as a unifying conceptual framework to guide its proposed mission and lead to a true breakthrough in adolescent mental health. It first describes how the logic of these principal accounts for all subjective human experience. It then demonstrates how optimal mental health is generated, and how it can be maintained irrespective of present or past circumstances.

**Objective:** The main objective of the present study is to assess the status of the mental health of adolescent students and the role of positive psychology in addressing their issues.

**Method Sample:** A total number of 50 students, split equally (boys 25 and girls 25) were included as a sample. All of them studying in English medium school of Kolkata. All of them residing in urban areas and coming from middle class family. The age of the samples was between 15 yrs. to 17 yrs. A purposive sampling technique was used for sample selection.

**Tool used:** Depression Anxiety Stress Scale (DASS-42) by Lovibond & Loviband 1995 and Aggression Scale by G.C. Pati 1985.

**Results:** Major observations were adolescence and academic stress. Adolescence and anxiety, adolescence, depression, and risk behavior, adolescence and violence.

**Conclusion:** Intensive intervention through positive psychology may sustain the positive behaviour of the Adolescent

**Keywords:** Mental Health, Positive Psychology, Adolescents

# **CALLOUS-UNEMOTIONAL TRAITS AND THEIR EFFECT ON BEHAVIORAL AND EMOTIONAL PROBLEMS AND PROSOCIAL BEHAVIOR AMONG ADOLESCENTS WITH A HISTORY OF JUVENILE DELINQUENCY RESIDING IN CHILD CORRECTION HOMES**

ASHISH KAFLE<sup>1</sup> AND SANDESH DHAKAL<sup>2</sup>

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## **Abstract**

**Introduction:** The juvenile justice system identifies youths who come in conflict with the law as being different from the adult criminal population. A correctional and reintegrative approach forms the basis of a good juvenile justice system. A basis for such interventions remains the identification of risk factors and protective factors for delinquency. Callous-unemotional traits have been identified as one among the risk factors for juvenile delinquency. Similarly, a high prevalence of behavioral and emotional problems compared to the general adolescent population has been identified in juvenile delinquents.

**Methodology:** A cross-sectional study was conducted with 160 adolescents (with a history of juvenile delinquency) residing in Child Correction Homes of Bhaktapur and Kaski districts to study the effect of dimensions of callous-unemotional traits on behavioral and emotional problems. The Inventory of Callous-Unemotional Traits and Strength and Difficulties Questionnaire tool was used for the study. Usable data for the analysis of both variables was obtained from 129 respondents. Linear regression was used for those correlations that were significant.

**Result:** Regression analysis showed that the callousness dimension was a significant positive predictor for emotional problems. Likewise, the uncaring dimension was a significant negative predictor for prosocial and a significant positive predictor for conduct problems. Similarly, the unemotional dimension was found to be a significant negative predictor for prosocial and a significant positive predictor for peer problems.

**Conclusion:** These findings suggest the dimension of callous-unemotional traits as risk factors for behavioral and emotional problems and point towards the need for further study of these aspects of delinquency in the Nepalese context.

**Keywords:** Juvenile Delinquency, Callous-Unemotional Traits, Behavioral Problems, Emotional Problems, Prosocial.



# COGNITIVE DISSONANCE IN UNIVERSITY CHOICE AMONG GRADUATE-LEVEL STUDENTS

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## ABSTRACT

Higher education institutions (HEIs) are crucial in shaping student satisfaction and loyalty in the competitive landscape of graduate programs. This study investigates the impact of perceived service quality and consumer-organization identification on cognitive dissonance in university choice among graduate students in Nepal. This research explores five dimensions of service quality: academic aspects, non-academic aspects, reputation, access, and program issues, alongside consumer-organization identification with the help of the HEdPERF model. Data were collected from 294 graduate students across various universities in Nepal using a structured questionnaire. The findings reveal that all five dimensions of perceived service quality significantly and negatively influence cognitive dissonance, with academic aspects having the greatest impact. Additionally, consumer-organization identification was found to have a strong impact on cognitive dissonance compared to overall perceived service quality. This suggests that fostering a strong sense of belonging and identification with the university can effectively reduce cognitive dissonance that can help to enhance student satisfaction. The study emphasizes the importance for HEIs to prioritize both service quality and identification strategies to minimize dissonance and promote positive student outcomes. These insights contribute to the existing literature by addressing the gap in understanding cognitive dissonance in the context of higher education services within Nepal and provide practical implications for HEIs to refine their strategies for student retention and satisfaction.

**Keywords:** Cognitive Dissonance, Perceived Service Quality, Consumer-Organization Identification, Higher Education Institutions, HEdPERF Model, Student Satisfaction, Nepal

# **ATTITUDES TOWARDS MENTAL HEALTH PROBLEMS IN COLLEGE STUDENTS FROM CHITWAN DISTRICT**

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## **ABSTRACT**

**Introduction:** We investigated participants' attitudes towards mental health problems (ATMHP), considering demographic variables such as age, gender, ethnicity, religion, study levels, study fields, types of academic institutions, and familiarity with mental health problems. The aim of the study was to examine the relationship of ATMHP with various demographic variables.

**Methods:** Using opportunity sampling, we sampled 348 participants from private, community and Government Colleges in the Chitwan district. We employed the Attitudes Towards Mental Health Problems (ATMHP) scale, a reliable and valid tool. We employed descriptive and inferential statistics to examine the relationship between ATMHP and various demographic factors, as well as the differences in ATMHP across different groups.

**Results:** We observed an overall unfavorable attitude toward mental health problems among the respondents. No significant differences were found among gender, ethnicity, religion, study levels, study fields, types of academic institutions, and familiarity with mental health problems in the level of ATMHP.

**Conclusion:** We observed generally unfavorable attitudes towards mental health problems (ATMHP) across the study, with no significant differences between comparison groups.

**Keywords:** Attitudes, Mental Health, College Students

# **USING SOUNDINGBOARD APPLICATION TO IMPROVE COMMUNICATIVE VOCABULARY AMONG PUPILS WITH AUTISM SPECTRUM DISORDER**

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## **Abstract**

The aim of this study is to explore the potential of utilizing iPads as a speech-generating device, specifically an application called SoundingBoard in order to improve the communicative vocabulary of students with Autism Spectrum Disorder (ASD). The study intends to evaluate the accuracy and suitability of teaching and learning methods, including strategies that can positively impact communicative vocabulary. The research was conducted with the objective of recognizing the SoundingBoard application as a variable that could help students achieve vocabulary success in terms of items that they encounter in their daily lives. Both quantitative and qualitative approaches were employed, including scoresheets, observations, and interviews with parents and teachers. Three sets of instruments were distributed to three students and their respective teachers at a Special Needs school in Kuala Lumpur. The data collected was analyzed based on attributes such as information from scoresheets, observations, and interview sessions. The study findings reveal a significant improvement in communicative vocabulary among students with ASD, particularly in the case of students A and B in relation to one-syllable and two-syllable words. Respondent C exhibited improvement in one-syllable words only, but his positive attitude towards learning using the iPad is noteworthy.

**Keywords:** Ipad, Speech Generating Device, Communicative Vocabulary, Teaching And Learning, Autism Spectrum Disorder.

# PERSONALITY AND HAPPINESS AMONG NEPALESE COLLEGE STUDENTS

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## Abstract

**Introduction:** Topics like happiness and subjective well-being have garnered academic interest more than ever in the last fifteen years (Diener et al., 2018). Many researchers have found a relationship between happiness and the big five personality attributes such as extraversion, conscientiousness, openness to experience, agreeableness, and neuroticism. The current study aims at finding whether such a relationship exists among Nepalese students.

**Objective:** To measure the level of happiness among college students in Kathmandu and to ascertain whether personality traits are associated with the level of happiness among them.

**Methodology:** A quantitative method of data collection was used. Happiness was measured through 'The Oxford Happiness Questionnaire' and the 'Big Five Inventory (BFI)' was used to identify personality traits. A total of 160 college-going students participated in the study with 98 percent of response rate. Among them, 57 percent were male while 42 percent were female.

**Results:** The majority of the students were found to be happy as per the mean level of happiness. No significant difference between male and female participants was found as depicted by the mean difference measured through the Independent Sample T Test. Students from different ethnic backgrounds such as Brahmin, Kshatriya, Newar, Janjati, Madhesi, and Marwari showed high levels of happiness with no significant difference between each other. The mean level of personality tendency did not show any conclusive inclinations towards these personality traits among the Nepalese students. However, respondents were found to be slightly high in openness to experience trait followed by agreeableness, conscientiousness, extraversion, and neuroticism. Regression analysis showed students with high extraversion, agreeableness, and low neuroticism were significantly much happier. There was a positive relation between happiness, extraversion, and agreeableness while a negative correlation between happiness and neuroticism. However, students with high academic performance were found to be less happy. Perhaps, due to a high level of expectation for themselves.

**Conclusion:** Nepalese students were found to be happy in general. Personality traits such as extraversion and agreeableness were positively correlated with the level of happiness while neuroticism was found to be negatively correlated.

**Keywords:** Happiness, Extraversion, Conscientiousness, Openness to Experience, Agreeableness, and Neuroticism

# **FACTORS AFFECTING TEACHERS' PARTICIPATION IN PROFESSIONAL DEVELOPMENT ACTIVITIES IN KATHMANDU MODEL COLLEGE (KMC) NETWORK**

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## **Abstract**

Professional development is a crucial aspect of teachers' careers that contributes to their effectiveness in the classroom. Professional development activity helps teachers improve the quality of teaching, pedagogical skills, and innovation in their subject. Thus, this study highlights the factors affecting participation in professional development activity in Kathmandu Valley. Furthermore, the study outlines why teachers are not participating in research activities. Structural Equation Modeling using Partial Least Square (PLS) was utilized to test the three hypotheses among the 130 teachers teaching in private colleges to analyze the causal relationship between the factors (personal, task, and work environment) on professional development activity.

The finding reveals that task factors, personal factors, and work environment factors affect teachers' participation in professional development activities. Respondents opined that managing time between teaching and attending professional development activities mainly hinders them. Additionally, they face obstacles due to insufficient technical and human resources, heavy workloads, limited financial support, and issues within the workplace environment. The study indicates that teachers' lack of participation in research activities is due to factors like time constraints, financial limitations, work pressure, and resource scarcity.

**Keywords:** Teacher participation, education, professional development

# **THE MENTAL RESET BUTTON: DIGITAL DETOX STRATEGIES FOR COMBATING STRESS AND DEPRESSION IN AN OVERCONNECTED WORLD**

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## **Abstract**

In the contemporary digital age, pervasive connectivity has led to a surge in stress and mental health issues, driven by constant online engagement and screen time. This paper investigates the critical need for digital detox strategies to mitigate the adverse effects of digital overuse. Excessive digital engagement, especially through social media and online gaming, is associated with a range of psychological problems, including heightened anxiety, depression, and body image insecurities. Over 40% of adults report significant stress due to digital interruptions, while nearly 30% of teenagers experience anxiety linked to social media pressures and body dissatisfaction.

Particularly concerning is the rise of gaming addiction among children and adolescents, which is linked to behavioral issues, impaired social skills, poor academic performance, and even aggressive tendencies. Studies suggest that up to 10% of young people may suffer from gaming disorder, with symptoms similar to other addictive behaviors, including withdrawal, neglect of personal responsibilities, and a decline in mental health. The paper reviews effective digital detox strategies, including scheduled tech-free periods, mindfulness practices, and participation in offline activities. Examples from countries like South Korea's government-led detox programs, the UK's tech-free school initiatives, and Finland's nature-based approaches demonstrate the effectiveness of these methods in reducing stress and improving mental well-being.

By examining successful interventions and their outcomes, the paper highlights the importance of digital detox for promoting mental health and provides recommendations for individuals, organizations, and policymakers.

**Keywords:** Digital Detox, Mental Health, Stress Reduction, Screen Time Management, Anxiety, Depression

# **CUSTOMER PURCHASE INTENTIONS IN CROSS-BORDER BUSINESS AFTER COVID-19 IN BIRGUNJ BORDER**

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## **Abstract**

**Purpose:** The purpose of the study is to determine the factors that affect customer purchase intention and product informedness in cross-border business in Birgunj-border.

**Design/ Methodology:** In this study, the explanatory research design was used to explain the relationship between dependent and independent variables. Adaptive Structuration Theory was taken for Han and Kim's conceptual model. The study analyzes several empirical studies and uses descriptive and inferential statistics to analyze the collected data which was collected in Birgunj- border from the general consumer who purchases the goods from Birgunj border. Convenience sampling is used and data were collected from 403 respondents with the help of the KOBO toolbox. PLS-SEM is used for data analysis in order to know the purchase intention of Birgunj-border consumers.

**Finding:** The study found that Consumers in cross-border face a number of problems, especially in the areas of transportation and fair pricing which can be solved by managing the transportation in an effective way by government and maintaining the fair price by the businessman. Similarly, hedonic cross-border motivation and social motivation play a significant role in shaping the purchase intention of consumers.

**Conclusion:** The study concludes that factors that affect cross-border business are hedonic cross-border motivation and social motivation. Transportation is the main problem for cross-border business.

**Keywords:** Customer Intention, Hypothesis Testing, Survey Method, Empirical Study of Trade.

**JEL Classification:** C91, C12, C83, E14

# EXPLORING EMOTIONAL TRIGGERS IN ADVERTISING: A STUDY OF CONSUMER BUYING BEHAVIOR IN KATHMANDU VALLEY

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## Abstract

Despite the widespread use of emotional advertising, understanding its specific impact on consumer behavior remains a complex challenge. Hence, this study aims to analyze the impact of emotional advertising on consumer buying behavior in Kathmandu Valley. An explanatory research approach is used for the study, employing convenience sampling under the non-probability sampling technique. To gather information from 412 respondents, structured questions and the KOBO toolbox are used. For data analysis, both descriptive and inferential analyses are employed. Findings reveal that emotions such as happiness, excitement, and humor are powerful tools in advertising. They help build trust, shape consumer perceptions, and influence buying behavior. However, challenges such as the gap between promises and delivery and the lack of creativity can hinder the effectiveness of emotional ads. To overcome these challenges, realistic advertisements that showcase the product accurately and creative approaches should be utilized to create a stronger impact on consumers' purchasing decisions.

**Keywords:** Emotional Advertising, Consumer Buying Behavior, Partial Least Squares Structural Equation Modeling, Trust, Kathmandu Valley

**JEL Classification:** C21, C83, D11, C12, Z33



# **EXPLORING PEOPLE'S PERCEPTION TOWARDS URBAN NATURE PARKS IN KATHMANDU VALLEY**

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## **Abstract**

Addressing the individual's perception towards urban nature park plays a vital role to ensure effective planning, management, and utilization of resources of Kathmandu Valley. While existing research highlights how urban nature parks benefit people by offering a break from city life and promoting well-being, we still lack a clear understanding of how people feel about these parks. We need more studies that look at different aspects of attitudes and consider factors like age, gender, education, and cultural background. This research study aims to examine the people's opinion toward urban nature parks of Kathmandu Valley. Our research employs an explanatory design and gathered responses from 215 participants using convenience sampling. The findings suggest that the individuals (98.6%) have visited urban nature parks, with the most popular choices being Shivapuri National Park (45.58%), Chandragiri Hills (48.37%), and Dream of Garden (37.21%). Also, the data indicates that urban nature parks play a significant role in the community's well-being, as respondents overwhelmingly agreed that parks contribute to their overall life enhancement (91.63%) and promote environmental awareness (99.53%). Policymakers and agencies should implement outreach, youth initiatives, discounts, maintenance, community campaigns, recreational surveys, staff training, and cleanliness programs, with regular monitoring of urban nature parks to enhance public engagement, accessibility, maintenance, environmental and health benefits, and overall community well-being.

**Keywords:** Urban Nature Park, Health Benefit, Community well-being, Environmental Awareness, Kathmandu Valley

# GRATITUDE AND HUMILITY AMONG VIPASSANA PRACTITIONERS

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## Abstract

**Introduction:** In the present study, the relationship between Vipassana meditation and the cultivation of gratitude and humility was investigated considering demographic variables of age and sex, dependent variables of gratitude and humility, and independent variables being Vipassana practitioners and non-practitioners.

**Objectives:** The study aimed to examine and compare gratitude and humility among Vipassana practitioners and non-practitioners, investigate sex differences in these traits, assess the relationship between these traits and age among practitioners, and explore the overall relationship between gratitude and humility.

**Methods:** A total of 209 participants were sampled; 102 practitioners of Vipassana from the Nepal Vipassana Center using the purposive sampling technique and 107 non-practitioners from the Kathmandu valley, using convenient sampling. The Comprehensive Intellectual Humility Scale by Krumrei-Mancuso and Rouse (2016) and the Gratitude Resentment and Appreciation Scale-Short Form by Watkins et al. (2003) were two standardized instruments used to measure humility and gratitude.

**Results:** The findings showed that Vipassana practitioners reported higher gratitude and humility than non-practitioners. Additionally, female participants were found to be more grateful than male participants, while there was no significant difference in humility between male and female Vipassana practitioners. Furthermore, there was no correlation between age and the dependent variables of Vipassana practitioners. Finally, the correlation between humility and gratitude was obtained.

**Conclusion:** Practising Vipassana meditation fosters gratitude and humility. The results support the benefits of meditation for well-being and personal development by highlighting its role in cultivating these qualities at all ages and the benefits of incorporating meditation into positive psychology techniques showing the association between gratitude and humility.

**Keywords:** Gratitude, Humility, Vipassana Practitioners

# MEANING IN LIFE: IMPACT ON PERCEIVED STRESS AND AGGRESSION AMONG CORPORATE EMPLOYEES

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## Abstract

Perceived stress, aggression, and meaning in life are different constructs of psychology that are related to one another and which affects an individual's behavior and life. Often it is seen that individuals who experience high levels of perceived stress show tendencies to be more prone to use aggression for coping purposes. Chronic stress may cause frustration, negative affect, and a lack of positivity in their lives. Research has also shown that interventions for increasing meaning in life, such as mindful practices and goal-directed actions, can help to reduce stress and aggression (Borders et. al, 2010). Having a purpose in life can increase empathy and prosocial behaviors, which promote a balance in life (Telle and Pfister, 2015).

This study was conducted on 40 adults selected and studied on the basis of "perceived stress", "aggression" and "meaning in life". Participants were selected based on their occupation in the corporate sector of industry via purposive sampling. The tools used to study were the Perceived Stress Scale (Cohen et al., 1988), the Aggression Questionnaire (Buss & Perry, 1992), and the Meaning in Life Questionnaire (Stager et al., 2006). The results of the study showed that there is a negative correlation between meaning in life with perceived stress and aggression.

Thus, analyzing perceived stress and aggression with the context of meaning in life, in people working in the corporate sector, can help us to understand how to provide individuals with a positive and fulfilling existence.

**Keywords:** Adult, Aggression, Coping Process, Corporate Employees, Meaning in Life, Perceived Stress, Positivity

# **EMPOWERING WOMEN ENTREPRENEURS: EVALUATING ACCESS TO CREDIT, FINANCIAL LITERACY, TECHNICAL KNOW-HOW, AND GOVERNMENT SUPPORT IN KATHMANDU VALLEY**

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## **Abstract**

Women's entrepreneurship is synonymous with women's empowerment and women's entrepreneurial development which contributes significantly to economic growth. The purpose of this study is to evaluate the factors influencing women's entrepreneurial empowerment in Kathmandu Valley.

An explanatory research design where women entrepreneurs of Kathmandu Valley are taken as the population with 309 samples. The purposive sampling method is employed to analyze factors influencing women's entrepreneurial empowerment using Resource Based Theory and Entrepreneurship Theory. Data analysis is done through descriptive and inferential analysis using PLS-SEM 4.0.

This study reveals that most women entrepreneurs are involved in a service-oriented business and started the business without any credit support but required family support for their encouragement. Several respondents stated that lack of access to funding and balancing work and family responsibilities are the major challenges. To address these issues, entrepreneurs should be given various training and education, enhancing access to financial resources, different mentorship programs and networks, and so on. According to the findings, Women's Entrepreneurial Development has a significant relationship with women's empowerment. Furthermore, women's entrepreneurial development has a mediating effect between technical know-how and women's empowerment.

**Keywords:** Women Entrepreneurs, Resource-based Theory, Smart PLS 4.0, Technical know-how, Women Entrepreneurial Development,

**JEL Classifications:** B16, B23, C21, C83, L31, M48

# FACTORS AFFECTING ACCEPTANCE OF FINTECH SERVICES OFFERED BY NEPALESE BANKS

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## Abstract

**Purpose:** The purpose of this study is to determine the factors affecting Fintech services offered by Nepalese banks.

**Methodology:** The study uses explanatory research design, TAM theory uses, Convenience sampling is used, Self-administered questionnaire is used and modified, Kobo toolbox is used for data collection, Kathmandu Valley is the study area, Smart PLS 4.0 is used for data analysis, Descriptive and Inferential data analysis techniques were used

**Findings:** The study shows that the majority of the respondents are aware and have knowledge about the Fintech services offered by Nepalese banks. In this study, most are women, and unmarried youth who are mainly involved in the private sector. Lack of infrastructure and lack of knowledge about Fintech is the major challenges in the adoption of Fintech services and providing adequate training and knowledge and user-friendly Fintech applications and services are the major solutions for these challenges.

**Conclusion:** According to this study, perceived usefulness and perceived ease of use have a significant relationship with the attitude to use Fintech services, and security has an insignificant relation with the attitude to use Fintech services where the attitude to use Fintech services has a mediating effect between perceived usefulness and perceived ease of use and behavior intention to use Fintech services respectively.

**Implications:** This study is beneficiary for researchers, future students, bank's customers, governments, banks, and other business organizations.

**Originality:** Various studies on the adoption of Fintech have been conducted, to the best of the author's knowledge. As a result, there is no conflict of knowledge, and the work is original.

**Keywords:** Fintech, TAM, Adoption/Acceptance, SEM, Bank

**JEL Classification:** E50, E58, G18, G21, F65

# **GIG WORKERS' PARTICIPATION IN THE GIG ECONOMY: A BIBLIOMETRIC ANALYSIS**

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## **Abstract**

The gig economy is a new and emerging topic and earned considerable attention. A gig economy is the flexible, temporary, or freelance jobs, often involving connecting with clients or customers through an online platform form a large and growing section of the economy. This study explores the involvement of gig workers in this economy from 2014 to 2024. Utilizing the Scopus database, this study has selected 821 English-language papers from a total of 1,429 globally. Among these, 1,192 were focused on economics, econometrics, and business, with 856 comprising articles and reviews. Data visualization and descriptive analyses were conducted using a bibliometric software tool, Vos Viewer. The findings revealed that over the past ten years, there had been a considerable increase in publications on gig economy. Hence, this highlights the increasing prevalence of gig workers and emphasizes the policymakers to consider their perspectives when formulating policies.

**Keywords:** Gig Workers, Riders, Remote Work, Gig Economy

# **CORPORATE SOCIAL RESPONSIBILITY AND BANK PERFORMANCE: A MEDIATING ROLE OF CORPORATE IMAGE**

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## **Abstract**

**Purpose:** The purpose of this study is to assess the impact of corporate social responsibility (CSR) on the financial and non-financial performance of Nepalese commercial banks by examining the mediating role of corporate image in Kathmandu Valley. This study further validates the higher-order construct (HOC) of CSR by incorporating four major areas i.e., economic, legal, ethical, and philanthropic.

**Method(s):** The study employs an explanatory research design. A total of 392 samples were collected using mixed methods (online - KOBO Toolbox and offline). The collected data were analyzed using both descriptive and inferential statistics. For this purpose, MS Excel, Smart-PLS, and KOBO were utilized as tools.

**Finding(s):** The findings of the study revealed statistically significant relationships among CSR, corporate image (CI), and financial and nonfinancial performance (fp and nfp). The study supports the mediating role of corporate image between CSR and bank performance. The results demonstrate that banks mostly engage in financial literacy programs followed by social development projects among all other CSR activities.

**Conclusion:** This study suggests that engaging in CSR activities positively impacts on a company's image and its overall performance, both financially and non-financially. And the majority of the respondents reveal that banks spend their CSR funds on majorly on financial literacy programs and social development projects.

**Keywords:** CSR, corporate image, financial and non-financial performance, commercial banks, PLS-SEM, Nepal.

**JEL Classification:** C12, C31, C83, L25, M14

# **EXAMINING THE INFLUENCE OF DEMOGRAPHIC CHARACTERISTICS AND PERSONALITY TRAITS ON ORGANIZATIONAL COMMITMENT AMONG WORKERS IN NEPALESE SAVINGS AND CREDIT CO- OPERATIVES**

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## **Abstract**

“The Rochdale Equitable Pioneers Society, also known as the Rochdale Pioneers, was the first Co-operative business in England, established in 1844 by a group of 28 artisans working in the cotton mills in the town of Rochdale”.

**Background :** The philosophy of cooperatives aims to enhance socioeconomic, cultural, democratic, and self-help values at the community level. Employees working in a cooperative are also guided by the principles and values of the cooperative environment, which align with the organization's objectives and support their overall well-being. This study examines how employees' demographic factors relate to their personality traits and organizational commitment.

**Objectives:** The objectives of this study are to analyze the impact of marital status and gender on organizational commitment, assess how education level influences personality traits, and examine the effects of departmental affiliation on emotional stability. Additionally, the study aims to determine the role of tenure in influencing continuance commitment and investigate how geographical location affects agreeableness.

**Methods:** The study involved 826 employees from 206 savings and credit cooperatives in Kathmandu, using purposive sampling. Data were collected through standardized questionnaires, and non-parametric tests were applied to analyze the relationships between demographic factors, personality traits, and organizational commitment.

**Results and Discussion:** Marital status significantly affects organizational commitment, but gender does not. Education level has no impact on personality traits. Employees in metropolitan cooperatives show lower agreeableness compared to those in rural areas. Tenure does not influence continuance commitment, and departmental affiliation does not affect emotional stability.

**Keywords:** Demographic Variables, Personality Traits, Organizational Commitment, Savings And Credit Cooperatives



# **DETERMINANTS OF EMPLOYEE JOB STRESS IN COOPERATIVES: A CASE STUDY OF BANEPA MUNICIPALITY**

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## **Abstract**

Stress is a prevalent challenge in many jobs, particularly within cooperative societies where employees have strong responsibilities towards their community. Balancing work duties with personal life becomes increasingly difficult when employees face long hours, tight deadlines, and insufficient support. Concerns over job security and an unsupportive organizational culture further intensify stress, leading to diminished morale and job dissatisfaction among employees. This study aims to identify the key factors contributing to job stress among employees of cooperative societies in Banepa Municipality, Kabhre district. Based on a survey conducted successfully on 205 employees from 10 different cooperatives in Banepa Municipality, the study analyzed the data using correlation and regression analyses. The findings emphasize the critical need to manage work overload, rotating shifts, job insecurity, and time pressure to enhance employee well-being and productivity. The results revealed that time pressure and deadlines are the primary stressors, followed by job insecurity and work overload. Moreover, rotating shifts were found to significantly impact employees' stress levels.

**Keywords:** Co-Operative Societies, Employees, Job Stress, Nepal

# **GREEN FINANCE AND SDGs: ANALYZING GLOBAL RESEARCH TRENDS AND COLLABORATIVE NETWORKS THROUGH BIBLIOMETRIC ANALYSIS**

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## **Abstract**

The intersection of finance and sustainability has emerged as a pivotal area of research specifically in the context of global efforts to achieve Sustainable Development Goals (SDGs). This study conducts a comprehensive bibliometric analysis of the evolving landscape of green finance in regard to its relationship with sustainable development initiatives. We use the Scopus database for exporting information of relevant studies from 2018 to 2024. In addition, Biblioshiny, an R package, and VosViewer are used for data analysis, mapping, and visualization.

Our findings reveal that "Green Finance" and "Sustainable Development Goals" are the most central and well-developed themes in the literature. Similarly, thematic mapping indicates that emerging areas like FinTech and ecological footprint are gaining attention and subsequently suggesting new directions for future research. Moreover, a temporal analysis of keywords indicates a steady increase in research activity around sustainability, finance, and SDGs since 2018 which further suggests their growing importance in the global research agenda.

The study also identifies China as a leading contributor to the field, with significant outputs and high-impact publications. Thematic evolution further suggests a shift towards more integrated and interdisciplinary approaches by combining technological innovation with financial strategies to address environmental challenges.

This research contributes to the understanding of the dynamic interplay between finance and sustainability by providing valuable insights for scholars, policymakers, and practitioners. It highlights the need for continued exploration of emerging themes and encourages the integration of innovative financial solutions to accelerate progress toward global sustainability targets.

**Keywords:** Green Finance, Sustainable Development Goals, Bibliometric Analysis, Sustainability, Financial Innovation, Policy Impact

# **BANKERS' PERCEPTION ON GREEN BANKING OF COMMERCIAL BANKS IN KATHMANDU VALLEY**

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## **Abstract**

**Purpose:** The perception of bankers on green banking practices in commercial banks in Kathmandu Valley can provide valuable insights into the current state of sustainable practices. To effectively implement sustainable practices, banks must develop policies and strategies, provide training and education, and promote green products and services. However, developing nations face challenges such as a lack of infrastructure and resources.

**Design/ Methodology:** Structured questionnaires were used to collect data and PLS-SEM was used to analyze Bankers' Perceptions of Green Banking in Commercial banks of Kathmandu Valley. Kathmandu Valley population were picked as a population, and 403 individuals were taken as a sample with the help of the KOBO toolbox from Kathmandu Valley. Convenience Sampling technique is used as a sampling technique of non-probability sampling.

**Findings:** The findings of this study can help commercial banks better understand the variables that affect green banking and create strategies to effectively advance sustainable banking practices. The most common recommendation made by respondents was to provide knowledge through financial literacy programs and guidance to increase the reach of online banking, with the aim of reducing paper usage and increasing digital banking adoption.

**Conclusion:** This study tested five hypotheses on the relationship between banking policy, daily operations, investment, and green banking practices in commercial banks in the Kathmandu Valley. The first hypothesis (H1) was supported by a beta coefficient of 0.429 and a confidence interval of 0.566, while the second hypothesis (H2) and third hypothesis (H3) were not supported.

**Recommendations:** Green banking involves providing knowledge, increasing trust, promoting green banking through policies and circulars, encouraging customers to use online banking, investing in technology, and raising awareness.

**Keywords:** Green Banking, Kathmandu Valley, Partial Least Square Structural Equation Modeling, Commercial Banks, Sustainability.

**JEL Classification:** C12, C83, G21, O13, Q56

# **THE BUDDHIST CONCEPT IN RIGHT LIVELIHOOD AND WORLD PEACE**

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## **Abstract**

This research article explores the Buddhist concept of Right Livelihood and its connection to global peace. The research delves into how the Right Livelihood fosters social harmony while highlighting how the wrong livelihood contributes to societal violence and disrupts global peace. The study draws on Buddhist literature and reports such as the Global Slavery Index, Global Peace Index, and Global Estimates of Modern Slavery, offering a clear perspective on global peace and harmony. The research finds that the Right Livelihood, a core concept in Buddhism, emphasizes ethical and sustainable economic practices aligned with values like compassion, non-violence, and respect for all life. Practicing Right Livelihood can contribute to the protection of human and animal rights, fostering brotherhood among communities, and promoting world peace and prosperity. The findings suggest that these principles can guide the development of policies and practices that prioritize social and environmental concerns, helping to build a just and peaceful society. The article underscores the significance of ethical and sustainable economic activities in enhancing human well-being, safeguarding the environment, and promoting world peace through the principles of Right Livelihood.

**Keywords:** Right Livelihood, World Peace, Human Rights, Ethics, Sustainable Economics.

# LOVE YOUR NEIGHBOR

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## Abstract

"Do not seek revenge or bear a grudge against anyone among your people but love your neighbor as yourself."

Ibrahim, an 83 years old Jerusalemite peacemaker runs an illegal peace hostel in Eastern Jerusalem. His great ambition is to love your neighbor no matter what but is faced with a persistent dilemma: how can you love your neighbor in a land that is systematically apart?

In a land where religion is as strong as it is in the Holy Lands, a great paradox plagues Israelis and Palestinians who live there: religion teaches to love your neighbor, yet violence between neighbors exists so strongly in the land that should teach love. Through journalistic methods, I learned it is unlikely to love your neighbor in a society that is systematically apart.

Palestinians and Israelis live walled-off from each other almost everywhere in the Holy Lands, and the Palestinians who live on, "the other side of the wall," are treated as subjugated minorities, especially in political life. Ibrahim is a part of this segregated society, and although his resilient spirit, and stubborn optimism, show the "idealistic peacemaker," his story is a tragedy. Despite all of his fame, charisma, and efforts for peace, Ibrahim has been unjustly targeted by the Israeli government. His story is only the surface of Palestine's story, but his conflict and struggles with systemic apartness (apartheid) is a dilemma shared by Palestinians and Israelis all across the West Bank and Israel. The dilemma of loving your neighbor when systemically apart.

**Keywords:** Religion, Peacemaking, Occupation, Apartheid

# A SENSE OF SERENITY THROUGH BUDDHISM

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## Abstract

This study reveals an aspect of our insight into how the peace we are trying to seek in the outer world relies on somewhere within us. Buddhism plays a major role in exploring inner peace by following Buddha's path and work toward world peace.

Buddhism has been long celebrated as a religion of peace and non-violence. It contributes to world peace through the attainment of a state of "inner peace" or "shanti" which is a characteristic of Nibbana or Transcendent Reality through Buddha's fundamental teachings.

The analysis in Buddhism, being a religion in itself, proposes inner peace as a non-dualistic peace which could acknowledge and eliminate the causal forces that constitute obstacles in a peaceful as well as harmonious living on every level of human actions through different practices of Mindfulness which is crucial to change the foundational cognitive structure that affects an individual perspectives and viewpoints.

Buddhism, since its beginning, has deepened the psychological analysis of the human mind which turns out to be the root cause of suffering [Dukkha], and how it can be overcome to achieve internal serenity.

We will also explore how the Buddhist perspective, conflict resolution, and inner peace affect us at the global level, On the behavioral level, how one could practice peace daily by observing the Five Precepts as in Buddhism, and how Mindfulness could help one in disciplining their minds by focusing on certain objects of thought while letting go of all other thoughts and emotions to observe whatever arises in consciousness.

Providing Peace research in relation to Buddhist perspectives as socially and structurally of the individual human mind and explores social-psychological roles in peace and conflict.

This paper explores how the analysis of the human mind elaborates on inner peace and its relevance to peace studies through the help of Buddha's teachings and ideologies.

**Keywords:** Buddhism, Inner Peace, Non-Violence, Mindfulness, Teachings, Suffering, Serenity, Perspective, Human Mind, Five Precepts, Ideologies

# INDIVIDUALISM-COLLECTIVISM ORIENTATION AND ATTITUDES TOWARDS PUBLIC DISPLAY OF AFFECTION AMONG ADOLESCENTS IN KATHMANDU VALLEY

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## Abstract

**Introduction:** The display of affection is a fundamental human need, deeply rooted in an individual's life. How one displays affection and their attitude towards such behavior is often influenced by the culture they belong to. This study investigates the concept of public display of affection (PDA) in Nepal, a context where PDA is still a relatively new and evolving idea. Traditionally, Nepalese culture has been characterized as collectivist, but recent changes in social behavior suggest an ongoing shift. The present study was aimed at examining patterns of relationship involvement (private/public display) with the social-cultural norms of an individual using the Horizontal Vertical Individualism Collectivism scale.

**Methodology:** A cross-sectional study was carried out among 300 adolescents living in Kathmandu Valley between the ages of 14-17 years to determine the relationship between attitudes of adolescents toward public and private displays of affection and individuals' endorsement of horizontal/vertical individualism/collectivism. The tools used for the study were the Public and private display of feeling scale and the Horizontal and Vertical individualism-collectivism scale.

**Results:** The psychometric properties of the Nepalese version of scales were examined using factor analysis, where confirmatory factor analysis yielded a satisfactory fit. It was found that public and private displays of affection among males was more significant than females, whereas vice versa for attitudes towards public display of affection. A high positive correlation between private and public displays of affection was found; individuals who are comfortable expressing affection in private settings are also likely to be comfortable with displaying affection in public. There was a high positive correlation between individual displays of private and public affection.

With cultural orientation, all parameters showed significant relationships besides Horizontal Collectivism and Vertical Individualism. Multiple regression analysis predicted that the displayed affectionate behavior was based significantly on the horizontal dimension of the constructs. It was found that while some cultural patterns align well with PDA, others do not, indicating that attitudes towards public displays of affection may vary across different cultural backgrounds.

**Conclusion:** This study highlights that while private and public displays of affection are closely linked among adolescents, attitudes towards PDA vary significantly across cultural orientations. Despite support for PDA among many adolescents, acceptance of others' public displays remains limited, reflecting the complex interplay between personal attitudes and cultural norms.

**Keywords:** Public Display Of Affection, Individualism-Collectivism Orientation, Adolescents, Attitude Towards Public Display Of Affection

# STATUS OF PARTICIPATION OF WOMEN IN LOCAL GOVERNMENT

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## Abstract

**Introduction:** This paper explains the status of representation and participation of elected women representatives in the local government of Mechinagar Municipality, Jhapa. After the introduction of federalism in the country, local-level elections have become a key vessel for acting upon constitutional obligations towards gender and social inclusion in the government. Both the local-level elections held so far have been significant in advancing women's political representation compared to the past. However, the question of whether these advancements have translated into proportionate representation and meaningful participation of elected women representatives in the decision-making process of local governments remains a relevant concern.

**Objectives:** To explore the status of participation of Elected women Representatives at the Local level of Government and to assess the representation gap between men and women at the local level's major committees.

**Methodology:** This study reviews the existing literature, and surveys with elected women representatives to generate data.

**Findings:** Based on both primary and secondary data this study argues that there is progress in the representation of women. However, there are persisting challenges in the meaningful participation of elected women representatives in Nepal's local governments. While gender even quotas have increased the numerical presence of women in these institutions, their proportionate representation, meaningful engagement, and influence in decision-making processes require further attention. Addressing issues such as gender-based discrimination, negative attitude of the community towards women leadership, discouraging working atmosphere, limited access to resources, and social expectations is significant for enhancing the efficient women's participation in local governance. Finally, it offers valuable insights for policymakers, practitioners, and advocates working towards empowering women in politics and inclusive local democracy in the country.

**Conclusion:** Despite statutory provisions mandating 40% female representation at the local government level, the data reveals a significant underrepresentation of women in executive committees, which wield substantial decision-making power, significant barriers persist, preventing women from fully engaging and influencing governance processes. Even the Female executive committee members often feel marginalized and discouraged to exercise their authority due to male dominance and gender bias pervasive within these bodies. This shortfall prevents women from exerting substantial influence and reinforces a cycle of exclusion. Even those with higher educational qualifications struggle to achieve control and influence in decision-making processes. The lack of structured orientation and capacity-building programs forces many EWRs to learn their roles through trial and error, limiting their effectiveness.

**Keywords:** Women, Government, Underrepresentation, Effectiveness



# **THE IMPACT OF INFLUENCER MARKETING ON BRAND LOYALTY AND CREDIBILITY: THE MEDIATING ROLE OF PARASOCIAL INTERACTION**

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## **Abstract**

Advertisements integrating influencer marketing hold the potential to foster positive parasocial relationships with the target audience, eliciting a favorable emotional response from customers. Therefore, this study seeks to examine the influence of influencer marketing on brand loyalty and credibility, taking into account parasocial interaction among users. This study used an explanatory research approach to evaluate the influencers' attributes that influence consumer loyalty and credibility in Kathmandu Valley using the means-end chain model. Convenience sampling is employed for the study under the non-probability sampling technique. Data were collected from 429 respondents using structured questions administered through the KOBO toolbox. Following data collection, the data were analyzed using both descriptive and inferential statistics. The inferential analysis was conducted through structural equation modeling within SmartPLS 4.0. Findings reveal that Language Similarity and Interaction Frequency have a significant impact on brand loyalty and credibility directly, with parasocial interaction as mediation. The major challenges were identified to be a gap between what is promised and what is delivered and a lack of creativity, which can be minimized by realistic advertisements showing actual features and benefits.

**Keywords:** Influencer Marketing, Brand Loyalty, Credibility, Parasocial Interaction, PLS-SEM, Trust, Kathmandu Valley

**JEL Classification:** C12, C31, C83, M31, M37, L82

# CONSUMER BRAND ENGAGEMENT, CO-CREATION, AND LOYALTY THROUGH SOCIAL MEDIA INTERACTIVITY AMONG DIGITAL WALLET SERVICE USERS OF KATHMANDU VALLEY

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## Abstract

**Purpose:** This study aims to investigate how social media brand interactivity impacts consumer brand engagement, value co-creation, and brand loyalty of digital wallet users. Despite the increasing popularity of digital wallet brands in the Kathmandu Valley, there is limited research on how social media can be utilized to attract and retain customers. This research aims to fill this gap in the existing literature and provide insights for digital wallet service brands looking to improve their social media presence and engagement with consumers.

**Method(s):** The study explores the relationships between consumer brand engagement, value co-creation, and brand loyalty in the context of digital wallet service users in Kathmandu Valley using an explanatory research design and the Service-Dominant logic. 403 respondents were selected through a non-probability sampling technique, with 372 respondents qualified for further analysis. Partial least square structural equation modeling was used to analyze the data.

**Finding(s):** The study had equal participation of males and females with tertiary education, who all used digital wallets and preferred e-Sewa in Kathmandu. The main issue found by respondents was a lack of creative content on social media brand pages. The study identified key factors that directly influence consumer brand engagement on social media, including cognitive information transfer interactivity, entertainment interactivity, interactive ease of use, and cognitive up-to-date interactivity.

**Conclusion:** The study finds the service users like digital wallets must put an effort to increase customer brand engagement and must focus on developing interactivity in their social media page to enhance consumer engagement especially cognitive information transfer, cognitive up-to-date information, interactive ease of use, and entertaining interactivity. Incorporating customers to share their views and referrals to co-create value and establish loyalty.

**Keywords:** Brand Interactivity, Engagement, Co-Creation, Social Media, Digital Wallets, Kathmandu Valley Nepal      **JEL Classification:** C12, M30, M15, C83

# HIMALAYAN TOURISM: A SPIRITUAL CONNECTION

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## Abstract

Traveling to the Himalayas is risky but still, people all around the world have a high interest in the Mountains. Especially to Everest Base Camp as well as for submits to Mt. Everest. Not only the reason for the highest peak in the world but also for the embodied diversity, marginality, fragility, niche, and aesthetics in nature and culture, etc. Nepal's tourism industry began in the modern era with mountain tourism. Despite its importance, Nepal lacks the resources weak policies, and execution. This study aims to justify a spiritual connection to Himalayan tourism through Buddhism, and Buddhist practices. The study is based on the seventeen trekking days in Khumbu. Tengboche, Dinboche, Pangboche, and Khumjung Monastery are visited and collect basic data. The importance of the heritages and Buddhist roles to influence tourists on the way to the Himalayas. Samples were collected and compared to the national and international literature, to make the study authentic. In this study, I conducted in-depth interviews with 21 tourists and Head of Monasteries and focus group discussions with available monks. The study used a mixed-method exploratory approach. In conclusion, the study found that the Mani Rimdu festivals of Tengboche, the surprising facts, and the magical historical attractions of the monasteries motivate tourists in the Himalayas.

**Keywords:** Buddhism, Buddhist Heritages, Himalayas, Spiritual Connection and Tourism.

# **PROSPECTS OF GIG WORK IN KATHMANDU VALLEY: STATUS, CHALLENGES, AND WAY FORWARD**

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## **Abstract**

The Gig economy holds significant global importance as it has become essential in today's lifestyle due to its flexibility and letting people work on their own terms. There is a lack of detailed analysis on how young individuals view and navigate gig work opportunities. This study focuses on understanding the prospects of gig workers in Kathmandu Valley to investigate what drives their participation in gig employment. The study adopted the theory of planned behavior and explanatory research design to examine the gig worker's status and challenges to participating in gig employment. The data collected from 403 individual respondents through a structured questionnaire is administered using the KOBO toolbox. The result suggests that the majority of young people are active in Gig employment, however, there are certain challenges such as job security, employment protection, limited career progression, income volatility, and so on. The respondents opined that these challenges can be mitigated through flexible work arrangements, comprehensive career progression, security schemes, and setting minimum wage standards. Policymakers should address this gap by examining the factors influencing gig workers' engagement in the gig economy.

**Keywords:** Gig Workers, Challenges, Participation, Managerial Solutions

# **SUSTAINABLE HOMESTAY TOURISM AS A DERIVING FACTOR OF TOURISTS' SATISFACTION: ANNAPURNA MUNICIPALITY, KASKI**

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NEPAL

## **Abstract**

Sustainable homestay tourism promotes tourist satisfaction by contributing to environmentally conscious travelers through eco-friendly practices, while also supporting local economies and culture. There is a lack of research on how homestay tourism affects local livelihoods, and its economic viability compared to corporate-led tourism, including potential benefits for sustainable homestay tourism. This study utilizes the triple-bottom-line theory and integrated sustainability approaches to maximize satisfaction in homestay tourism. This study used an explanatory research design to explore the causal relationship between different variables and the non-probability sampling technique. The data collected from 267 respondents, Annapurna Rural Municipality, Kaski, was analyzed using the partial least squares structural equation modeling (PLS-SEM) version 4.0 software. The study found that tourist satisfaction in homestay tourism is influenced by leisure, financial considerations, and cultural immersion, with community involvement crucial despite challenges. This study provides valuable insights for policymakers and development partners, enabling them to understand the deriving factors of tourists' satisfaction regarding sustainable homestay tourism.

**Keywords:** Sustainable Homestay, Satisfaction, Tourism

# **ELECTRONIC GOVERNANCE, INNOVATION, CITIZENS' SATISFACTION, AND TRUST IN GOVERNMENT OF NEPAL**

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## **Abstract**

**Purpose:** Electronic governance encompasses public services from the government online through a single point of access offering one-step, ongoing inquiry and answers, and actively solicits participation. This paper aims to understand citizens' perceptions on e-governance in Kathmandu Valley.

**Methodology:** An explanatory research design is employed along with the Performance-Satisfaction-Trust Model to conduct this research. A total of 403 responses are collected using convenience sampling. Both descriptive and inferential analysis are executed for the data analysis purpose. Partial Least Squares Structural Equation Modeling is used to test the hypotheses against theoretical propositions.

**Findings:** Findings exhibit that the majority of the citizens possess a basic understanding of electronic government services. Citizens state that electronic government has made their lives simpler. The various issues that citizens face included a lack of digital skills, internet penetration, a lack of information *and communications technology* manpower and expertise. These issues reveal the requirement of training about electronic government service tools.

**Conclusions:** The study reveals that electronic government innovation has a significant relationship with the reduction in perceived red tape, and citizens' satisfaction has a significant relationship with the reduction in perceived red tape. Similarly, Citizens' satisfaction leverages trust in government while reduction in perceived red tape has an insignificant relationship with citizens' satisfaction.

**Keywords:** Electronic Governance, Citizen Satisfaction, Trust, Structural Equation Modeling

**JEL Classification:** G30, C12, J10, O30, C83

# ADJUSTMENT AMONG MASTER'S LEVEL STUDENTS WITH RELATION TO THEIR LOCALE OF RESIDENCE

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## Abstract

**Introduction:** Tribhuvan University is the only government university in Nepal. Due to its affordable fee structure, international reputation, and quality education, the majority of students rely on it for their higher education. People from different geographical regions, cultures, and religions join the central campus of Tribhuvan University. Student life is the period when an individual explores knowledge in different subjects as well as seeks for academic degree. One key characteristic of students is thus looking for an academic degree with high-quality results. That is why student life is well thought-out as a significant stage of human life. Adulthood is the stage in life where the individual has more responsibilities towards him/herself and towards others. Adjustment is an indicator of academic achievement. In this sense, adjustment is a crucial factor in student life. Adjustment is a global concept that comprises home, social, educational, emotional, and health. The present study has attempted to explore the adjustment level of master's level students studying at the central campus of Tribhuvan University in Kathmandu Valley.

**Methodology:** This present study found the level of adjustment of the master-level students with their locale of residence in five provinces of Nepal. The sample was chosen by a convenient sampling procedure. The sample of the study was 150 comprising 75 females and 75 males from Provinces 1, 2, 5, Karnali, and Far-western each comprising 15 females and 15 males. The Adjustment Inventory for College Students (AICS) was used for the sake of data collection.

**Results:** Around half of (44.7%) of students were average in adjustment. 30 percent of students were unsatisfactory in adjustment, 16.7 percent of students were good in adjustment, and 8.7 percent were very unsatisfactory in adjustment. The percentage of students having good to average adjustment was highest in Province 2 followed by Province 1, Province 5, Province Far Western, and Karnali Province respectively.

**Conclusion:** Around half of of students were average in adjustment but a large number of students were either unsatisfactory or very unsatisfactory in their adjustment. It indicates most students experienced adjustment problems which varied province-wise.

**Keywords:** Adjustment, Students, Province, and Sex

# **PURCHASE INTENTION OF CONSUMERS TOWARDS BRANDED ECOLOGICAL PRODUCTS IN KATHMANDU VALLEY: MODERATING EFFECT OF THE PERCEIVED VALUE OF BRANDED NON-ECOLOGICAL PRODUCT**

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## **Abstract**

The growing concern for environmental sustainability has led to an increased demand for ecological products- those designed, manufactured, and used in such a way that reduces the negative impact on the environment throughout its life cycle. Despite being aware of the environmental benefits of branded ecological products, consumers do not always choose them over branded non-ecological products. This study aims to examine the factors that motivate the consumers of the Kathmandu Valley to prefer branded ecological products with a moderating effect of the perceived value of branded non-ecological products. This study is based on a quantitative research design and has adopted the convenient sampling (non-probabilistic sampling) technique. Data were collected through an online questionnaire distributed using Kobo Toolbox and analyzed using SPSS. Frequency distribution was used for descriptive analysis and multiple regression for inferential analysis.

Findings reveal a significant relationship between brand awareness and purchase intention towards branded ecological products. Additionally, there is a high chance that consumers purchase ecological products that offer higher perceived value relative to their cost. Moreover, the perceived value of branded non-ecological products moderates the relationship between brand awareness and purchase intention towards ecological products. These insights can help policymakers identify areas for intervention for promoting sustainable consumption whereas the findings can help marketers in developing strategies to resonate with consumers' preferences and values.

**Keywords:** Purchase intention, Branded ecological products, Perceived value, Kathmandu Valley



# **BULLYING IN THE WORKPLACE, BURNOUT, AND THE PROTECTIVE EFFECTS OF SOCIAL SUPPORT**

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## **Abstract**

The talk will present a correlational study investigating the buffering effects of social support in the link between workplace bullying and burnout. Two hundred twenty-two employees from various industry sectors completed the *Revised Negative Acts Questionnaire*, the *Maslach Burnout Inventory*, and the *Social Support Scale*. According to the findings, colleague and line-manager support moderated the effects of both work- and person-related bullying on burnout, family support only moderated the impact of person-related bullying, and senior management support was the only buffer of physically intimidating bullying. Interestingly, high levels of emotional support resulted in greater emotional exhaustion in work-related and overall bullying. The different components of burnout were protected against by different forms of social support and in relation to different forms of workplace bullying.

**Keywords:** Social Support, Workplace Bullying, Burnout

# **MANAGING STRESS THROUGH DEVELOPING POSITIVE ATTITUDE FOR PERSONAL EXCELLENCE**

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## **Abstract**

The program recognizes that emotions play a central role in human life, influencing behavior both positively and negatively. By tapping into the subconscious mind, individuals can steer their personalities towards becoming more effective and impact. The program seeks to empower participants to "Be a gift to the world" by "Making a difference" and "Serving Humanity."

The program's objectives include fostering a positive and supportive environment across various settings and enhancing positive thinking to manage stress and emotions effectively. The workshop will cover key topics such as the power of positive attitude and thinking, and the importance of emotional intelligence in managing one's own and others' emotions.

The approach combines interactive lectures, Appreciative Inquiry, and best practices from Eastern wisdom, emphasizing adult learning principles. Participants will be encouraged to explore and reveal their true selves, ultimately fostering the development of a new self and a positive attitude. Through these methods, the program aims to bring about lasting change in the participants, leading to enhanced personal excellence and overall effectiveness.

**Keywords:** Emotions, Stress, Positive Thinking, Personal Excellence

# **ROLE OF HEALTH PSYCHOLOGY IN MENTAL HEALTH AND WELL-BEING**

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## **Abstract**

Health psychology is rooted in the belief that everyone deserves comprehensive holistic healthcare. The bio-psycho-social model views health, wellness, and illness as outcomes of various interrelated factors affecting a person's life, including biological characteristics, behavioral conditions, and social circumstances. The Vedic and pre-Vedic periods of Indian society provide evidence of scientific systems for living lifestyles and maintaining individual health, which were free of mental suffering. These examples help illustrate the applied aspects of holistic health and well-being.

Since the early 20th century, psychological determinants of health have been a focus of research, demonstrating that practices such as yoga, meditation, and mindfulness establish a strong link between mental and physical health. Additionally, research is increasingly addressing relaxation, breathwork, Emotional Freedom Techniques (EFT), and other mind control techniques to achieve optimal mental health. The concept of a healthy lifestyle is now viewed through the lens of both challenges and opportunities, with a dynamic holistic approach expanding the scope of mental health and well-being.

## **Several action plans should be implemented with a universal approach:**

- Promoting mental health wellness and reducing distress through adequate sleep, a healthy diet, exercise, mindfulness-based programs (e.g., yoga and meditation), and awareness of mental health issues.
- Organizing mental health awareness campaigns to encourage individuals to seek help from responsible, transparent, and trained healthcare professionals.
- Establishing community support for at-risk individuals and encouraging social connections and relationships.
- Implementing primary mental health screening services for common issues such as anxiety, depression, and suicidal thoughts.

**Keywords:** Holistic Healthcare, Bio-Psycho-Social Model, Mental Health, Mindfulness

# **COOPERATIVE MANAGEMENT - ENSURING RESPONSIBLE GOVERNANCE AND SELF-REGULATORY ORGANIZATIONS**

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## **Abstract**

In India, cooperatives have undergone a remarkable 120-year journey, profoundly impacting the socioeconomic development of both individuals and the nation. Despite facing a decline in the wake of economic reforms in the 1990s, recent developments have revitalized interest in the cooperative sector. The establishment of the Ministry of Cooperation by the Government of India has been pivotal in rejuvenating this interest, with a focus on enhancing transparency and accountability within the cooperative ecosystem. This includes significant amendments to the Multi-State Cooperative Societies Act aimed at fostering responsible governance and evolving cooperatives into self-regulatory organizations (SROs).

Effective cooperative management is essential for ensuring responsible governance and advancing towards self-regulation. This approach integrates democratic decision-making, member-centric practices, and transparency, ensuring that cooperatives operate both socially responsibly, and economically sustainably. Responsible governance involves balancing member interests, upholding ethical standards, and ensuring financial accountability. To this end, the integration of SROs is crucial. These organizations provide a framework for cooperatives to self-regulate while adhering to legal and regulatory requirements. They play a vital role in monitoring compliance, promoting best practices, and facilitating conflict resolution.

This workshop will present insights from Indian Cooperative Laws, examining how these legal frameworks have influenced cooperative management practices and the development of SROs. It will highlight key interventions by the Ministry of Cooperation and explore practical examples and legal precedents to illustrate how cooperative management and SROs can synergistically drive sustainable growth. Participants will gain a comprehensive understanding of how aligning governance and self-regulation can empower cooperatives and contribute to broader economic and social objectives.

**Keywords:** Cooperatives, Responsible Governance, Self-Regulation, Effectiveness

# COOPERATION AMONG COOPERATIVES FOR SUSTAINABLE DEVELOPMENT IN THE ERA OF GLOBAL SHOCKS

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## Abstract

Cooperation among cooperatives, as outlined in the sixth Cooperative Principle, envisions cooperatives as a network of actors whose collective purpose enhances their resilience. In the context of ongoing global economic and climate shocks, the need for such cooperation has become increasingly evident. From economic upheavals to, most recently, Covid-19, it is clear that the world is facing continuous shocks that necessitate a coordinated response. The Covid-19 pandemic underscored the necessity of global coordination and resource pooling to address emerging challenges, many of which have been exacerbated by climate change. Climate change has contributed to the resurgence and emergence of pandemics, as well as an increased frequency of droughts and floods, leading to food shortages. These developments are linked to a precarious global economic situation.

Given their nature and structure, cooperatives possess the capability to coordinate a global response and mitigate the impacts of these challenges. Their potential to contribute to building a resilient human society has been previously demonstrated. During the Great Depression, cooperatives played a crucial role in supporting communities affected by severe economic conditions. Similarly, during the Covid-19 pandemic, cooperatives were instrumental in aiding communities ravaged by the crisis. Recent studies by the Overseas Cooperative Development Council (US OCDC) in Kenya, Poland, the Philippines, and Peru have demonstrated that cooperatives provide a significant, multifaceted impact on their members and communities. Moreover, these studies reveal that women involved in cooperatives fare better compared to their non-cooperator counterparts.

This paper advocates for leveraging the cooperative movement to establish a network of cooperatives aimed at addressing both local and global challenges. It concludes with recommendations for achieving this goal to better mitigate various shocks.

**Keywords:** Cooperation Among Cooperatives, Global Shocks, Climate Change, Resilience

# **IMPACT OF SOCIAL MEDIA NETWORK ON CONSUMER PURCHASE BEHAVIOR**

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## **Abstract**

Social media significantly impacts how people buy products by allowing direct interaction with brands and providing easy access to product information and reviews. However, there is a lack of digital literacy and online security awareness among Nepali consumers where there is mistrust in e-commerce platforms and the authenticity of online goods. This study utilized Theory of Planned Behavior to explore the impact of social media networking on consumer purchase behavior in Kathmandu valley. The study employed convenience sampling to survey Generation Z individuals in Kathmandu Valley, collecting 488 responses to analyze social media's influence on consumer purchasing behavior using the partial least squares structural equation modeling (PLS-SEM) version 4.0 software. The research found that entertainment value, current trends, and interactive features on social media significantly influence consumer purchasing behavior, while customization does not. These findings highlight the importance of engaging and using trendy content in driving consumer decisions. The study enables consumers to become aware about social media network on their purchasing behavior.

**Keywords:** Social Media, Purchasing Behavior, Consumer Decision

## **FINDING PEACE BY IDOLIZING BUDDHA**

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### **Abstract**

Buddha , a social critique and social reformer was not just a religious preacher. Providing people with new perspectives of observing life and following paths that lead us to both external and internal peace was the main philosophy of his religion. Symbolising peace as "Deer" with many more attributes like harmony, happiness and longevity, Buddha has uplifted the cultural traditions towards grace and spirituality. His concept of peace stands on the basis of Cause- Effect relationship as also explained by him in the ' Four Noble Truths'. He claimed that anything (physical, mental or emotional) can only exist in relation to everything else; if the causes of its existence disappear, then it ceases to exist.

To achieve peace within a person, the Buddhist approach is to observe and reflect upon the conditions in the external and mental operations, and then to decide on the most appropriate course of action as response to the outer and inner environments. In order to find true inner peace, Buddhism has provided us with various ways like:

1. Meditation - This involves both Vipassana and Samatha i.e. mindfulness meditation and concentration meditation.
2. Mindfulness - Being present at the moment and observing social realities without a judgemental perspective which will further reduce stress and increase awareness.
3. Ethical Living- Following ethical guidelines like Ahimsa, Satya, Asteya; which are relevant to today's changing world scenerio.
4. Compassion and loving kindness.
5. Understanding Impermanence- Recognising everything is transient to reduce attachments and sufferings.
6. Cultivating wisdom- Develop rationality in observing and making decisions to avoid taking wrong decisions and performing inappropriate actions.

In Buddhist teachings, equanimity, or peace of mind, is achieved by detaching oneself from the cycle of craving that produces dukkha. So by achieving a mental state where you can detach from all the passions, needs and wants of life, you free yourself and achieve a state of transcendent bliss and well-being.

# **EXPLORING THE DYNAMICS OF EMOTIONAL INTELLIGENCE AMONG ADOLESCENTS**

**SHIVANSHI MISHRA LUCKNOW , INDIA**

## **Abstract:**

A hidden disparity in emotional intelligence (EI) exists among adolescents, sparking a fascinating paradox. Our study reveals that female adolescents exhibit higher emotional expression, while males demonstrate greater diligence. This imbalance raises important questions about the underlying causes and potential consequences.

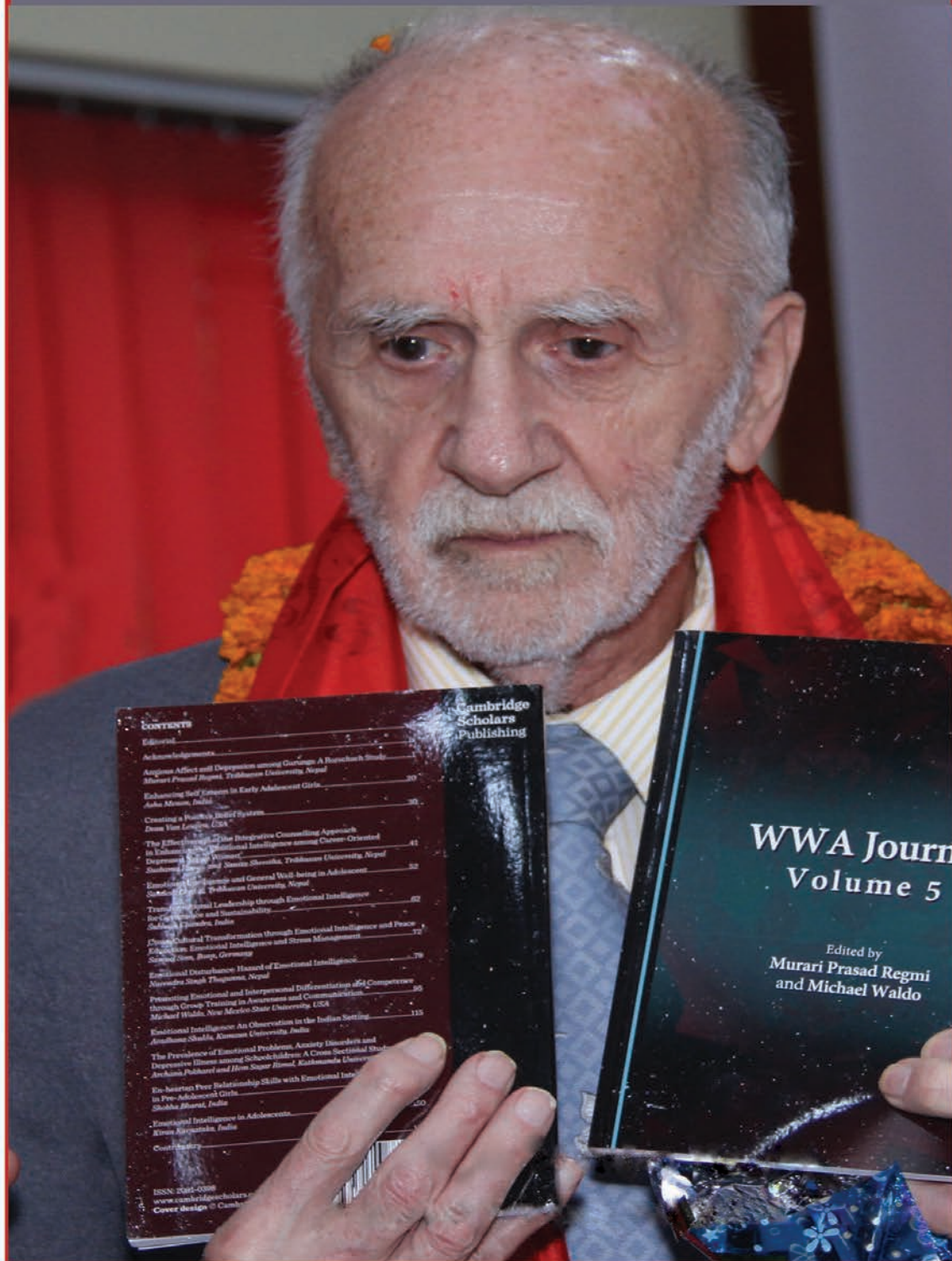
Our investigation into the doll set of emotions uncovered societal expectations and gender norms as primary contributors to this disparity. Females are encouraged to express emotions, yet face discrimination, while males are pressured to suppress emotions, leading to emotional numbness. This imbalance has far-reaching consequences, including impaired relationships, decreased motivation, and limited emotional literacy.

To bridge this gap, we propose gender-sensitive interventions, emotional awareness workshops, and inclusive education. By redefining traditional gender roles, we can foster emotional expression and regulation in both males and females. Our study offers novel insights and practical solutions to promote EI, empowering adolescents to develop robust emotional regulation, empathy, and resilience. Furthermore, our findings highlight the need for a nuanced understanding of EI, recognizing both the benefits and limitations of emotional expression and diligence. By addressing this emotional paradox, we can cultivate a more empathetic, resilient, and balanced younger generation, equipped to navigate complex social dynamics and thrive in an ever-changing world. Ultimately, this research aims to inform evidence-based strategies for promoting emotional intelligence and well-being among adolescents.



## "Our World Is Exactly What We Make Of It"

– Late Dean Van Leuven, First Chief Patron, WWA



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