

### **3<sup>rd</sup> BRICSCESS 2024 NEW DELHI WORKSHOP PRESENTER**



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Prof. Dr. Waheeda Khan is a Professor Department of Clinical Psychology, former Dean Faculty of Behavioural Science, SGT University, Gurugram, and former Head Psychology Department of Jamia Millia Islamia Central University, New Delhi, India. Since 2021, she has held the position of Advisor, and member of SGT University Development Board. She has supervised 33 Ph.D scholars, including students from India, UK, Iran, and Pakistan. She has supervised many Master's students for their field training and research projects, including six students from Linkoping University, Sweden. She has published 80 and above research papers, including 25 book chapters published in reputed indexed journals/books, presented her work at many International and national conferences. She is currently pursuing DST funded project on 'Autism Spectrum Disorder', completed UGC-UKIERI Thematic Partnership International Project (2014-16) funded by UGC, India and British Council, UK, and another International GCH Research Project on "Psychological responses, coping strategies and physical activity during the Covid-19 pandemic: A multiple country comparison study" in 2020. She has worked as Visiting Research Fellow at Open University, Visiting Professor at Helwan University, Egypt, Visiting Faculty at UTM Malaysia, and in August 2023 will be Visiting Scientist at the Albert Einstein Medical College, USA. She has trained number of counsellors in providing HIV-AIDS and mental health counselling, positive interventions and wellbeing. She has received number of honours for her illustrious career, including "ICONIC Health Psychologist" award by Indian Association of Health Psychologists. She is an ardent traveller whose experiences have influenced the lives of numerous students in academics, research, and training.

#### **Synergy of Gratitude and Mindfulness in Sports and Physical Fitness: Harnessing the Science of Human Flourishing and Wellbeing**

Integrating mental health into youth sports is a crucial topic that should be addressed in any comprehensive youth sports programming. Therefore, it is essential to integrate mental health support into youth sports program to promote overall wellbeing and create a positive sports environment. This session would focus on educating participants about the importance of identifying the signs and symptoms of mental health issues in young athletes. Participants would be introduced to various approaches for promoting mental health in youth sports, such as resilience, gratitude and mindfulness practices etc. Both gratitude and mindfulness have been linked to various health outcomes, including physical and mental health. Gratitude is a positive emotion that arises from the perception of benefits received

from others, while mindfulness refers to the intentional and non-judgmental awareness of the present moment. Studies have found that gratitude and mindfulness have significant implications for physical and mental health. Gratitude has been associated with better sleep quality, improved heart health, better immune system function, and better self-reported physical health. Similarly, mindfulness has been linked to lower levels of pain, stress, fatigue, anxiety, and depression, as well as improved cardiovascular function. The relationship between gratitude and mindfulness appears to be mutually reinforcing. Practicing gratitude can improve mindfulness, and vice versa, leading to further improvements in health outcomes. Therefore, integrating gratitude and mindfulness practices into daily routines may be a valuable tool for athletes seeking to improve their overall well-being. The importance of developing a positive sports culture will be the highlight of the workshop.