

## **Usama Ghayas Syed**

**Usama Ghayas Syed** is a Ph.D. candidate at the Department of Humanities & Social Sciences at the Indian Institute of Technology Kanpur. He is a dedicated researcher in Psychology who specializes in Positive Education Psychology. His Ph.D. work focuses on how positive parenting styles such as Strength-Based Parenting and Authoritative Parenting Styles, impact adolescents' academic success and well-being. He received the Australia India Research Student (AIRS) Fellowship to explore Indian adolescents' conceptualizations of well-being, as well as, the best paper award from the Indian School Psychology Association (InSPA) in 2022. Usama aspires to bridge the gap between academic research and practical applications to improve the well-being of individuals and communities.

Email: [usamags@iitk.ac.in](mailto:usamags@iitk.ac.in)