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**Emotion regulation as an effective strategy among younger adults: A cross-sectional research post covid-19****Neeraj Panwar***Christ University, India*

The COVID-19 phase has drastically changed every individual's life globally. For some, it was the struggle with monetary aspects of the family, for others it was health related whether physical or psychological. All such aspects in life span leads to lots of emotional challenges, and younger people get more disturbed emotionally by failing to regulate their emotions. Therefore, the present study focuses to understand how younger adults differ in terms of regulating their emotions post-COVID-19 from different sections. For the purpose, the standardized tool pertaining to emotion regulation administered on four sections of young adults, first group comprises of graduate students (n1 = 100) from a private university in NCR region, second group comprises of (n2 = 109) high school students from CBSE board school, group three includes (n3 = 100) students enrolled in engineering course in private university located in Bangalore, and fourth group has (n4 = 117) graduate students from private university again located in Bangalore. Considering private institutes, all the four educational institutions, irrespective of their location, have student representatives from all over the Indian states. The obtained data was subject to one-way analysis of variance, findings of which indicated only students from engineering group found reporting better cognitive reappraisal strategy as compared to other three groups of students, whereas no such differences were found regarding emotional suppression attribute of emotion regulation. Further, results have been discussed in Indian socio-cultural context during post-COVID-19.

**Biography**

Dr Neeraj Panwar has completed his PhD at the age of 32 years from Maharshi Dayanand University, Rohtak. He worked as a school counselor at KV- Sangathan based schools for almost seven years and holds 6+ years of experience at the university level in research and teaching. Currently, he is working as Assistant Professor at Christ University, Delhi NCR Ghaziabad (INDIA). He has published more than 17 papers in reputed journals and has been serving as an editorial board member of repute as well as best teacher award from UIJIR Academic Research Foundation 2022. He has supervised more than 40 postgraduate research dissertations and has two PhD research scholars under his research guidance.