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1. What first drew you to relationship science?

I don't know if there was one defining moment that drew me to relationship science. Looking back, I just realized, and kept getting reassured again and again, that I genuinely liked this field. I simply loved thinking about relationships. The more I read, the more I was fascinated by the beauty of relationship theories—the way we communicate, the personalities we bring into relationships, emotions, attachments and the patterns people build through which they influence and shape one another. It never felt like I was forcing myself to work in this field; it just felt like I had found where I naturally belonged.

2. What's a project you're especially proud of right now, and why?

I wanted to develop a curriculum-based intervention to build interpersonal competency among young adults. I started with a scoping review to understand for myself how much one's relationships actually matter for physical and mental health. Convinced enough, I moved on to a systematic review of existing relationship education programs. That's where I found a huge scope in my own country, India. I then conducted focus group discussions to understand the relationship experiences and needs of Indian young adults before venturing into writing nearly a 300-page curriculum. Eventually, I tested the intervention and, along the way, learned the entire process of intervention research and data analysis.

My PhD journey is the project I'm proud of! Not just because I developed and tested an intervention, but because every step taught me how to think, question, and grow as a relationship researcher!

3. What are you working on next, or what question are you most excited to pursue?

I'm still figuring out where this journey will take me. For now, I'd love to continue refining the curriculum I developed during my PhD. I'm also excited by the possibility of exploring cross-cultural research and developing culturally relevant measures in relationship science. I hope IARR 2026 broadens my thinking, gives me new questions to pursue, and introduces me to people from whom I can continue learning.

4. What advice would you give to students or early-career scholars interested in relationship science?

If you find your passion in relationship science, just come on in! It has so much to offer, and I think it will take you farther than you can imagine.