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(A Private communication to the members of the Indian Academy of Applied Psychology)

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Address: The Secretary, Indian Academy of Applied Psychology (IAAP), Department of Psychology, M.D. University, Rohtak – 124001 (Haryana), India
Email: sec.iaap@gmail.com; editoriaapenewsletter@gmail.com
Website: https://www.iaap.org.in

IAAP EXECUTIVE COUNCIL

Patron
Prof. G. P. Thakur
email: gp1_thakur@rediffmail.com
Mobile: 9415301404

Immediate Past President
Prof. S. Karunanidhi
email: profkarunanidhi@gmail.com
Mobile: 8825521964

President
Prof. G. Venkatesh Kumar
email: iamgvk@gmail.com
Mobile: 9448058140

Vice President
Prof. M. V. R. Raju
email: mvr_rajuau@gmail.com
Mobile: 9393101813

Regional Presidents
Prof. R. N. Rai
email: rnrai1957@yahoo.co.in
Mobile: 9436303111
Prof. S. Renuka Devi
email: bmrenuka@gmail.com
Mobile: 9840289459
Dr. Sadique Razaque
email: sadiquerazaque@gmail.com
Mobile: 8825140732
Dr. Updesh Kumar
email: drupdehk@gmail.com
Mobile: 9717107679
Dr. Navin Patel
email: navinpatelgls@yahoo.com
Mobile: 9825150323

Secretary
Prof. Nov Rattan Sharma
email: sec.iaap@gmail.com
Mobile: 9355612805

Treasurer
Dr. V. Surenderan
email: suren.psy@gmail.com
Mobile: 9444152231

Council Members
Prof. R. Gopalakrishna
email: pfhe2016@gmail.com
Mobile: 9731981899
Prof. Sadhan Das Gupta
email: sdgcal@rediffmail.com
Mobile: 9903768263
Prof. Annalakshmi Narayanan
email: narayanan.annalakshmi@buc.edu.in
Mobile: 9787000864
Dr. Kamlesh Singh
email: singhk.iitd@gmail.com
Mobile: 9968363625
Dr. Trayambak Tiwari
email: trayambakbhu@gmail.com
Mobile: 9415448442

Editor JIAAP
Prof. S. Karunanidhi
email: profkarunanidhi@gmail.com
Mobile: 8825521964

Editor e-Newsletter
Dr. Trayambak Tiwari
email: trayambakbhu@gmail.com
Mobile: 9415448442

IAAP YOUTH FORUM

Dr. Tarun Mishra
email: tarunera@gmail.com
Mobile: 9026113582
Dr. Ajay Kumar
email: ajaycog2010@gmail.com
Mobile: 9886426548

Dr. Kaveri Chauhan
email: drkaverichauhan@gmail.com
Mobile: 8800819321
Dr. Nilesh Thakre
email: thakre_nilesh@rediffmail.com
Mobile: 9869366704
The Indian Academy of Applied Psychology (IAAP) is one of the very few professional bodies in India that is dedicated to the field of psychology. It was founded in 1962 at Presidency College, Madras and it is one of the largest bodies of psychology in India. It has grown into a professional body with a large number of life-members (around 2000) along with many annual members. The aim of the IAAP is to promote the advancement and diffusion of knowledge of psychology, to support the fraternity of Psychology by providing support for holding annual conferences and exhibitions. IAAP publishes a bi-annual research journal, Journal of the Indian Academy of Applied Psychology (IAAP). Beside this, the academy has to its credit publications that include several conference proceedings, books and a publication manual. IAAP has instituted many awards to inspire, encourage and appreciate the talent of young generation psychologists.

Message from Editor

Honorable Members of IAAP Family

We are delighted to circulate the first volume of biennially e-newsletter of IAAP (April & October) before you with the latest information about its activities throughout the year. We hope that the contents of this volume would be informative and useful to the members.

This IAAP e-newsletter is aimed to provide specialized information to a targeted audience and try to update its members with upcoming events. We are grateful to the esteemed members of IAAP for their contribution and invaluable suggestions to this volume.

In this endeavor, We seek your valuable support /suggestions and request all the esteemed members to kindly provide their Academic /Professional achievements/information that could be inculcated in the future edition.

Editors

Editorial Team

Dr. Trayambak Tiwari, Banaras Hindu University, Varanasi
Dr. Gaurav Kumar Rai, RGSC, Barkachha (BHU), Mirzapur
Dr. Tarun Mishra, Banaras Hindu University, Varanasi
REPORT
54th National and 23rd International Conference of Indian Academy of Applied Psychology (IAAP)
(14th – 16th February 2019)
Organized by
Department of Psychology, Kurukshetra University, Kurukshetra, Haryana, India

The Department of Psychology, Kurukshetra University, Kurukshetra has organized 54th National and 23rd International Conference of Indian Academy of Applied Psychology from 14th -16th February 2019. The theme of the conference “Psychology: Opportunities Beyond Boundaries” is appropriate in present scenario as it encompasses the futuristic frame for Psychologists and behavioural scientists working in the area. Psychology and its principles are being used in everyday life to promote the health and wellbeing of the people. Psychology, being the core branch devoted to enrich the wellness of the human race it provides enough space for research and applications. In the 21st century, the role of Psychologists becomes very challenging and demanding to maintain the psychological health of people. Therefore, it has unlimited opportunities and we cannot restrict it in limits.

The conference was inaugurated by Prof. Kailash Chandra Sharma, Vice-Chancellor, Kurukshetra University, Kurukshetra. On this occasion Emeritus Professor Sagar Sharma, Department of Psychology, Punjab University, Chandigarh, a stalwart in the field of Psychology was inaugural key note speaker. To grace the occasion Dr. K. Ramachandran, Outstanding Scientist & Director, Defence Institute of Psychological Research, Defence Research and Development Organization, Ministry of Defence, Delhi and Dr. Florence Mujuru, a renowned Cognitive Behavioural Therapist, Berkshire, United Kingdom were Guests of Honour. Prof. G. Venkatesh Kumar, President IAAP from Department of Psychology, University of Mysore and Prof. Novrattan Sharma, Secretary IAAP from Department of Psychology, M. D. University, Rohtak were also present on the occasion. The conference was started with lamp lighting by the dignitaries and formal welcome of the dignitaries. First of all the Conference Director Professor Rohtash Singh presented the brief note on theme of the conference i.e. Psychology: Opportunities Beyond Boundaries. He asserted that Psychology is everyday’s life science which is used by people in their day to day life to solve the problems. Psychology cannot be kept in limits. The principles of Psychology are being used in different fields. He also quoted that the Noble Prize awarded in 2002 to American economists Daniel Kahneman (68) and Vernon L. Smith (75) in Economics for their pioneering works in psychological and experimental economics, and Nobel Prize in 2017 for Physiology and Medicine to Jeffrey C Hall, Michael Rosbash and Michael W Young on their research work “biological clock or circadian rhythm” were directly or indirectly related to Psychology. Now, Psychology has its vast scope and the conference will provide a common platform for professionals and researchers working in the area of Psychology and related field for exchanging their knowledge, ideas and learning experiences. The objectives identified for this conference would be attained with valuable inputs and collective efforts of the worthy delegates and participants. The conference will open new vistas of knowledge for improvement in the area of Applied Psychology and it will prove its worth in flourishing of discipline and growth of entire psychology fraternity.

Prof. Novrattan Sharma, Secretary IAAP told to the august gathering that IAAP is working for development of discipline of Psychology and welfare of the society. IAAP organizes different activities to attract youths towards psychology from time to time. Prof. G. Venkatesh Kumar, President IAAP told that content of the Psychology courses studied in different universities should be career oriented and skill based. After that Dr. Florence Mujuru, Cognitive Behaviour Therapist told that in present circumstances the emphasis of the researchers should be on cross-cultural studies and studies for disadvantaged people. She also highlighted the recent advancements in the practice of cognitive behavioural therapy in this modern technological era. Dr. K. Ramachandran, asserted that most of the psychological problems in present scenario are due to the lack of proper interactions among
people. After that Emeritus Professor Sagar Sharma, threw light on the need for interdisciplinary research in Psychology in the Inaugural keynote address. The Vice-Chancellor, Professor Kailash Chandra Sharma mentioned that such kind of academic activities are the need of hour for the advancement of discipline. He also asserted that Kurukshetra University, Kurukshetra is one of the best universities in India because of its academic pursuit.

The conference received around 350 research abstracts across the country and aboard out of which 255 research papers were presented in different scientific sessions during the conference. Apart from this, two plenary sessions were conducted by Dr. Florence Mujuru, Cognitive Behaviour Therapist, Berkshire, IAPT Services, United Kingdom and Ms. Malika Sharma, Clinical Psychologist and Cognitive Behaviour Therapist, United Kingdom and Dr. Balan Rathakrishnan, University of Malaysia, Sabah. Beside the above said plenary sessions two symposiums were also conducted. The faculty members of Department of Psychology, SGT University, Gurugram conducted symposium on “Psychological Assessment: Issues, Challenges and Prospects” and the faculty members of Department of Psychology, University of Hyderabad conducted symposium on “Care Alongside Cure: Insight from Health Psychology”. Prof. S. Sultan Akhatar memorial lecture was presented by Hon"ble Prof. J. M. Deo on “Applied Psychology and Society: Limits and Prospects” that illuminated how applied psychology is the need of the hour for a better and healthier world. It is pertinent to mention that Department of Psychology with collaboration of Department of Music & Dance, Kurukshetra University, Kurukshetra organized cultural programme (Evening) during the conference. A site scene trip was also organized for the participants and delegates under the social facilitation programme.

Prof. Shyam Kumar, Dean Academic Affairs, Kurukshetra University, was Chief Guest of the Valedictory Session, Prof. G. P. Thakur, Patron, IAAP, presided the valedictory session and Dr. Balan Rathakrishnan, from University of Malaysia, was Guest of Honour for the valedictory session. Prof. G. Venkatesh Kumar, President IAAP from Department of Psychology, University of Mysore and Prof. Novrattan Sharma, Secretary IAAP from Department of Psychology, M. D. University, Rohtak. Dr. Updesh Kumar, Scientist –G, Head, Mental Health Division, DIPR, DRDO were present on the Dais. The Valedictory session was started with the report presented by Conference Director on the activities organized during the conference. He asserted that the papers presented in the conference justified the theme and subthemes of the conference. The objectives identified for the conference were attained with valuable inputs and collective efforts of the worthy delegates and participants. The conference has provided the platform to students, researchers and professionals working in the area of Psychology. Thus, the conference proved its worth in flourishing of discipline and growth of entire psychology fraternity. The Valedictory Address by Prof. G.P. Thakur, Patron IAAP highlighted the progress in the field of Psychology and appreciated the endeavors of IAAP and Department of Psychology, Kurukshetra University. The guest of Honour, Prof. Balan Rathakrishnan, shared his views on cross-cultural Psychology. Dr Updesh Kumar, gave his views on application of Psychological Research for enhancing mental Health.

In the Valedictory session, Deepak Bhat Award Certificates (27) were given to the exemplary research papers recommended from each scientific session. Furthermore some special scientific awards instituted by IAAP namely NITTR-IAAP Award, IAAP Young Scientist Award, Prof. Anima Sen Award, Prof. Manju Thakur Memorial Award, Prof. S. Sultan Akhtar Award, Prof. Parmod Kumar - IAAP Young Psychologist Award, Prof. K. V. Kaliappan Memorial Award and Smt. Naina Singh Memorial Award were also presented to the awardees by the Chief Guest of the valedictory function. The conference was ended with vote of thanks by organizing secretary followed by the “National Anthem”.

**Contribution of the Conference to the Existing Body of Research**

This conference has contributed a lot in different areas in the field of psychology. Quality interactions between young researchers and stalwart in psychology enhanced the critical ability of young researchers so much that now they would be able to do research with new perspectives. The theme
of the conference was very elaborate so deliberations in the conference would help to frame new programmes and policies that will take applied psychology to new horizons.

**Recommendations** proposed after detailed discussions and deliberations during the conference:

1. The universities and other educational institutions who are running Psychology courses they should provide the internship training and direct practical training (Community based training) to the students during their study course.
2. To deal with the community and Nation building issues psychology should be on frontfoot not at the backfoot. Psychologists must play active role to tackle these issues.
3. The subject Psychology should be within reach of every student and every college/Institute/University offering Psychology course must promote youths towards Psychology.

**Glimpses of IAAP 2019 Conference held in Kurukshetra University, Kurukshetra, Haryana, India**
ANNUAL AWARDS INSTITUTED BY IAAP

NITTTR-IAAP AWARD: A certificate and a cash award will be given every year during annual conference for the research work in M.Phil. / Ph.D. or project funded by any funding agency.

DR. P. DEIVASENAPATHY-IAAP YOUNG SCIENTIST AWARD: A Certificate and cash award will be given every year during annual conference with the IAAP specific guidelines available on website.

DR. ANIMA SEN AWARD: A Certificate and cash award will be given every year during annual conference for the best article published in each issue of the Journal of the Indian Academy of Applied Psychology (JIAAP).

PROF. MRS. MANJU THAKUR MEMORIAL AWARD: A Certificate and cash award will be given every year during annual conference for the distinguished innovative work in research / test construction / book publication.

PROF. DEEPAK BHAT AWARD: A Certificate will be given every year for the best paper presentation in each of the scientific sessions during IAAP annual conference.

PROF. S. SULTAN AKHTAR MEMORIAL AWARD: A Certificate and cash award will be given every year during annual conference for the best community extension work in the preceding year in areas of Applied Psychology.

PROF. PRAMOD KUMAR-IAAP YOUNG PSYCHOLOGIST AWARD: A Certificate and cash award will be given every year during annual conference with the IAAP specific guidelines available website.

PROF. K.V. KALIAPPAN MEMORIAL AWARD: A Certificate and cash award will be given every year during annual conference for the best research community extension work conducted in rural settings during the preceding year in the areas of Applied Psychology.

SMT. NAINA SINGH MOEMORIAL AWARD: A Certificate and cash award will be given every year during annual conference for the distinguished innovative work in research, book publication and Applications of Psychology particularly on/with/by female participants.

Note: All applications along with the full paper/ nominations for awards listed above should reach to Prof. Novrattan Sharma, Secretary IAAP, Department of Psychology, M. D. University, Rohtak – 124001 (Haryana), India at least 15 days before the commencement of conference. For further details/conditions please contact Secretary, IAAP (Email: sec.iaap@gmail.com. Mob: 9355612805).
Minutes of the IAAP General Body Meeting held on 15.02.2019, at R. K. Sadan, Kurukshetra University, Kurukshetra

◆ Presentation of the annual report of IAAP (2018-19) by secretary of IAAP
◆ The Treasurer presented the annual account report of IAAP accounts.
◆ The allocation of venue for upcoming IAAP-2020 was finalized and announced.
  The venue is Department of Psychology, Manonmaniam Sundarnar University, Tirunelveli, Tamil Nadu.
◆ Few future action plan were also discussed as yearly activities of IAAP
  ▪ Newsletter of IAAP may be reinitiated and Dr. Trayambak Tiwari (Editor) and team will be entrusted the assignment of the newsletter.
  ▪ All Regional President should undertake at least one activity under the agies of IAAP in a calendar year. It was also decided to enable and promote IAAP Life and other category member to use the banner of IAAP to organize events with prior permission of secretary/President.
  ▪ A proposal to buy a flat as permanent office for optimizing headquarter functioning was also discuss and approved for onward processing.
  ▪ A youth forum was also proposed to connect with the psychological community which constitutes four members Dr. Kaveri Chauhan (Karnal, Haryana), Dr. Tarun Mishra (B.H.U., Varanasi), Dr. Ajay Kumar (NIMHANS, Bangalore) and Dr. Nilesh Thakere (SNDT Women’s University, Mumbai).
  ▪ The possibilities of some online course and special talk’s video by experts by IAAP platform were also explored.
  ▪ The emphasis on the development of website of IAAP and JIAAP was seen.
Academic Activities of IAAP Members in the field of Psychology

Prof. G. Venkatesh Kumar Conducted a Workshop on Stress management
Prof. M.V.R. Raju conducted a workshop

Prof. J. M. Deo conducted a workshop at Patna under the banner of IAAP
Message from Secretary, IAAP

Honourable Members,

I wish you all a very happy, healthy and protected life during COVID-19 and always. I am sure that you are using online methods to assist common masses, general public and people in need at your personal as well as professional levels. The holistic Health concerns of the whole fraternity for Psychological services from anywhere to everyone motivated Indian Academy of Applied Psychology (IAAP) to further appeal our esteemed members to reaffirm their knowledge and strengths not only to take care of self and others but also educate commoners with authentic information on COVID-19 and extend help, Psychological support, able guidance, expertise counselling, appropriate referral services to deal and manage stressors. IAAP feels duty bound to help. In this connection IAAP EC members voluntarily extended the resolution to offer and extend their Psychological services. Any person in need are free to interact with them as per their suitability.

All the best.

Dr. Nov Rattan Sharma, Secretary- IAAP
M. D. University, Rohtak - 124001 (Haryana) INDIA
M - 09355612805

Please send your feedback /comment on this e-Newsletter along with your activities/ achievements etc. to the editor Dr. Trayambak Tiwari at editoriiaapenewsletter@gmail.com