

**The 28th Convention of NAOP in December 18 (Afternoon)- 21, 2018
Ramanujan College, Delhi University, Delhi, India**



**The International Association of Applied Psychology (IAAP)
1920- 2020**

Centenary Celebration

In collaboration with the National Academy of Psychology (NAOP), India



The IAAP Centennial (1920-2020) Symposium

Hundred Years of Applied Psychology in South Asia: Retrospect and Prospect

This symposium is planned to recognize and celebrate contributions of the IAAP in advancement of applications of psychology in different domains of human life and also to have retrospect and prospect of applied psychology in South Asia.

Program

Date: 20 December 2018 Time: 09:00AM-10:30AM Venue: Conference Centre Hall-1

Theme: The IAAP Centennial (1920-2020) Symposium: Session- 1

Hundred years of Applied Psychology in South Asia: Retrospect and Prospect

Co-Convenors: Prof. Janak Pandey, NAOP & Prof. Rolando Diaz-Loving, IAAP

Coordination by: Dr. Tushar Singh, Board Member, IAAP

Presenters:

- Contributions of South Asia in the International Association of Applied Psychology. **Prof. Janak Pandey, ICSSR National Fellow, University of Allahabad .**
- The IAAP Centennial (1920-2020)- **Dr. Rolando Diaz- Loving, Professor Titular C, Facultad de Psicología, UNAM, Mexico**
- Applied Psychology in Sri Lanka- **Dr. Piyanjali de Zoysa, University of Colombo, Sri Lanka**
- Applied Psychology in Bangladesh: Progress and Prospect- **Dr.Asoke Kumar Saha, Jagannath University, Dhaka, Bangladesh**
- Psychology and its Applications in Nepal. **Prof. Usha Kiran Subba, Tribhuvan University, Kathmandu, Nepal**

Date: 20 December 2018 Time: 11:00AM-12:30AM

Venue: Conference Centre Hall-1

Theme: The IAAP Centennial (1920-2020) Symposium: Session- 2

Presenters:

- Clinical Counseling and Health Psychology in India- **Prof. Malavika Kapur, Visiting Professor, National Institute of Advanced Studies, Indian Institute of Science, Bangalore**
- Whither Applied Social and Organizational Psychology in India- **Prof. R. C. Tripathi, Former ICSSR Fellow, University of Allahabad, India**
- Concluding comments- **Dr. Christine Roland- Lévy, IAAP President**

1. IAAP Sponsored Key note Address by Christine Roland-Lévy, IAAP President

Date: 19 December 2018 Time: 09:00AM-10:00AM Venue: Conference Centre Hall-1



Prof. Christine Roland-Lévy, PhD, la Sorbonne University, is Professor of Social Psychology at the University of Reims Champagne-Ardenne, France. Currently, she is the President of the International Association of Applied Psychology.

Risk and Risk-taking from a Social Psychology Perspective to an Applied Psychology Perspective Abstract

The presentation will deal with risk psychology and risk-taking, from the perspective of social psychology. Besides a general introduction around the concept of risk and risk-taking, a series of studies will be presented. Based on the Social Representation Theory, risk in general will be analyzed. The presentation will then develop around risk in the context of the financial and economic crisis. Examples of studies will also present risk-taking, with financial incentives around gambling. Finally, examples of the effects of risk-taking in various sports and at work will be presented. The key question throughout the presentation will be: How can Applied Psychology be used in the context of risk taking?

2. IAAP Sponsored Invited Lecture by Prof. Rolando Diaz-Loving

Date: 21 December 2018 Time: 11:00AM-11:30AM Venue: Conference Centre Hall-2



Dr. Rolando Díaz-Loving is one of the most eminent social psychologists in Mexico and Latin America. He is the president of Division 3 (Psychology and Societal Development) of IAAP and is the chair of the Centennial Congress of Applied Psychology to be held in Cancún, México, December 14-17, 2020.

Culture, gender and the development of individual well-being and egalitarian societies Abstract

The study of the psycho-socio-cultural premises of the Mexican family (Diaz-Guerrero, 2003), focused on the rules governing the behavior between men and women and between parents and children in Mexico. To incorporate norms and beliefs that govern the behavior of couples, gender relations and modern issues, new items representing each construct were combined with the original premises of the Mexican family. In addition, research concerning the psychological attributes assigned to males and females has led to the development of several masculinity-femininity inventories. In order to construct an ethno-psychologically valid measure of the instrumental and expressive, socially desirable and undesirable attributes of Mexican people, a 117 adjective questionnaire was constructed. Finally, a subjective well-being scale was added to the final inventory. Considering there are some critical periods in which the psycho-socio-cultural development of norms, beliefs and instrumental and expressive attributes are emphasized, and the effects these have on well-being, 100 males and 100 females from 5th grade, 200 more from 6th grade and in equal numbers for grades 7th through first year of college responded to the Premises and masculinity and femininity scales. Mean differences show consistent differences by sex and educational level in which more egalitarian and positive androgynous orientations appear, specially in females and in all subjects with more formal education. The results are discussed in terms of the impact of culture on the definition of gender and the well-being of human beings.

3. Invited Address by Buxin Han, Past IAAP Secretary General

Date: 21 December 2018 Time: 02:00PM-03:00PM Venue: Conference Centre Hall-1



Dr. Han is currently the President of the Chinese Psychological Society, and past Secretary-General of the International Association of Applied Psychology (IAAP). He has received several awards from the International Union of Psychological Science (Distinguished contribution, 2004), The CAST (Distinguished contribution, 2006), and the China Society of Gerontology (Distinguished research, 2007). Dr. Han is also a key member of the Organizing team of ICAP 2022 at Beijing, China.

Mental health promotion for Chinese elderlies

Abstract

Population ageing has been one of the outcomes from societal development in China, featured with speedy increasing elderlies in the population and under developed social welfare system. The only child policy since 1978 and the speedy urbanization in recent 20 years make the situation even worse, caused many problems such as tremendous demands on medical investment, long term care, and psychological support, in addition to the population ageing itself along with the increasing of life expectancy. Occurrence of senile dementia, Parkinson Disease, type II diabetes, hypertension, and many other cognitive impaired senile diseases increase along with normal and pathological aging process.

Efforts on mental health promotion have been explored for thousand years in China, based on traditional understanding of human body, nature, and the unity of human and nature. Cultivational activities, either from religious tradition (e.g., meditation, Tachi Chuan) or scholarly skill development procedure (e.g., calligraphy, painting, etc.) or traditional Chinese medicine (e.g., massage, acupuncture, herbs, etc.). Mass sports such as square dance, of course, are also quite popular as one of the daily practices. Studies, either population based mental health status investigation in general and cognitive ageing and some intervention studies in specific, or historical and neuroscientific (e.g., fMRI) studies on traditional methods of mental health promotion (e.g., calligraphy, Chinese painting, Tachi Chuan, etc.), were reviewed.

Population based investigation on mental health status of Chinese indicted that youth group and senior elderly group are the two groups with lowest level of mental health index (Han & Li, 2014) and self-esteem (), highest suicide rate (Philips et al, 2002), which means that these two groups and the main focus of mental health promotion activities. 2) Lab based experiment studies provided empirical evidences which support the theory of specific executive impairment of elderly, rather than the global slower of cognitive processing speed (Chen et al, 2005). Intervention study developed in either lab (Li, et al, 2016) and open field environment (Wei, et al, 2013) proved that long term Tachi Chuan practice, mnemonic training program can improve elderlies' mental health status in general and memory performance in specific (Chen et al, 2018). 3) Biographical analysis for calligraphers in the history also proved the positive correlation of life span and life style (including calligraphy and painting practice). This indicated that calligraphy and painting practice can be ideal behavior training program for mental health promotion.

Cognitive ageing and mental health problems shared similar trends among nations, while coping strategies differ in many ways. Differences come from physiological (e.g., acupoints and meridian) and mental (mind-body interaction) understanding of human in traditional Chinese medicine (message, acupuncture and moxibustion, herbs, etc.), and the cultivation habits (calligraphy, painting, seal cutting, meditation, Tachi Chuan, etc.) based on these understanding.

Cultural similarities and differences on the efficiency of mental health promotion were discussed, especially related with Indian tradition in cultivation.

Symposium Abstracts



Contributions of South Asia in the International Association of Applied Psychology and Introducing the Symposium.

Prof. Janak Pandey

The South Asian Psychologists have been actively associated with the IAAP for more than five decades. Membership of IAAP by the Indian psychologists and their participation in the scientific programs in the International and Regional Congresses of Applied Psychology organized by IAAP have been progressively increasing. In 2001, the Regional Congress of IAAP was organized in Bombay. Eminent Indian Psychologists like Professors Durganand Sinha, J B P Sinha, Jitendra Mohan, Prof Janak Pandey and R. C. Tripathi have delivered keynote, and state-of-the-art lectures at IAAP Congresses and some of them have also served as members of the IAAP Board. Prof D Sinha was one of the key members of IAAP to get Division 3: Psychology and National Development established during the ICAP Munich in 1978. Prof J B P Sinha was the first President of the Division 3. Presently I am the Past President of this Division. Currently, there are three members of the IAAP Board from India: Prof Purnima Singh, Prof Saswat Biswas and Dr Tushar Singh. The current IAAP Board has a representation of Nepal by Prof Usha Subba.

We the South Asian psychologists and particularly NAOP members feel privileged to host the first event of the IAAP Centennial (1920-2020) in Delhi. We are grateful to the IAAP President Prof. Christine Roland-Lévy and the IAAP officers to accept our proposal and provide support for the Symposium on Hundred Years of Applied Psychology in South Asia: Retrospect and Prospect. I am grateful to Prof Rolando Diaz-Loving, President of division 3 to co-ordinate this symposium with me,



Applied Psychology in Sri Lanka

Prof. Piyanjali de Zoysa

Applied psychology is not widespread in Sri Lanka. A key reason for this is the lack of post graduate psychology programs in the country. Of the many applied psychology specialities, clinical psychology is by far the most established. In 2008, the first-ever post graduate clinical psychology program was initiated at the University of Colombo. It remains the only one in the country. With a bi-annual intake, about 35 clinical psychologists have been trained so far. This has significantly contributed to the clinical psychology services in the country. However, these services are in the private and non-governmental sectors. Sri Lanka's government health sector has not recruited clinical psychologists, though cadre provision is there. Among others, a key reason for this is the lack of agreement the government health service has with the clinical psychologists and on how they should work within the health sector. It is essential that the government health sector recruit clinical psychologists as Sri Lanka is not without significant mental health issues – depression and anxiety are common with a prevalence of 2.1% for major depression, 7.1% for other depressive disorders and 0.9% for anxiety disorders. Further, tobacco and alcohol use/misuse have increased and the country has one of the highest suicide rates in the world. Other applied psychology professions such as organisational, developmental and social are much less represented in Sri Lanka and there are no forensic psychologists. Other than the establishment of post graduate programmes in these specialities, an expansion of government-level cadre positions for these specialities would improve the expansion of these specialities in Sri Lanka.



Applied Psychology in Bangladesh: Progress and Prospect by Dr. Asoke Kumar Saha

The Department of Psychology was established in 1956 at the Rajshahi University followed by the the University of Dhaka in 1965. Then Rajshahi University offered one year Master's Degree in Psychology and in 1967 and a 3-year B Sc. (Honors) program. Later, MS in Clinical Psychology was introduced in 1995 followed by Educational and Counseling in 2011. In 2015-2016, the Department started concurrently two Masters Programs, namely Master of Science in School Psychology and Master of Science in Industrial-Organizational Psychology. A two-year M Phil and three-year PhD programs are also offered. The University of Dhaka started postgraduate professional training program in 1993-94. Since 1997, the Dhaka University has also a separate Department of Clinical Psychology under the Faculty of Biological Sciences offering Master and training in clinical psychology and a three and a half years integrated course degree in Clinical Psychology. In 2015, Rajshahi University established a new Department of Clinical Psychology under the Faculty of Life and Earth Science offering four years BSc honors in Clinical Psychology, and one year Master's in Clinical Psychology. Since 1966, an independent Department of psychology at the Jagannath University College has taught two years B Sc in Psychology Course and in 1986 MSc course in Psychology was launched under the Faculty of Science. The Bachelor (Honors) Course in Psychology was started from the academic session 2002-03. In 2004, the University started a four-year (8 Semesters) program leading to a Bachelor of Science (B Sc) degree followed Master of Science in 2005-06. In 2012, one year Masters' in Psychology in three different areas: Clinical and Counseling Psychology; Educational; and Developmental Psychology; and Industrial and Organizational Psychology were also launched. The Department has also MPhil and PhD program. In 2005, the Department of Psychology was established at Chittagong University offering four years B Sc Honours, one year M Sc, M Phil, and Ph D program. All the Medical Colleges and Hospitals have programs related to child development with facility for assessment and treatment of special problems of children like autism. The National Institute of Mental Health is providing quality mental health service. Around 100 private counseling Centers are working in Bangladesh for individual counseling, group counseling and treatment of drug addicts. Government of Bangladesh has declared to appoint Psychologist in every high school in the country.

The development of Industrial and Organizational Psychology is new in Bangladesh. But the Government of Bangladesh has recently taken initiative of appointing Industrial Psychologists in the Garments Industries. Bangladesh Industrial and Organizational Psychology Society (BIOPS) formed in 2018 is working for solving behavioral problems of employees in organizational set up. Bangladesh Psychological Association (BPA). BPA is now more active than before and maintaining coordination with professional bodies, Government, INGOs, APA, Chinese Academy of Sciences, other international bodies and with different stakeholders in the country and abroad. BPA is also committed for professional development of applied psychology in Bangladesh.



Psychology and its applications in Nepal Prof. Usha Kiran Subha

Tribhuvan University, at Kathmandu has been the Centre for development psychology in Nepal. The University introduced in 1982 psychology at Master Level. Presently, psychologists are working in different settings but largely in the areas of mental health, social development, disaster management, and providing different psychosocial services through humanitarian agencies, NGOs, hospitals and rehabilitation Centres. In the academic sector, Master in Psychology with specialization in Counseling Psychology, and Clinical Psychology are popular. In addition, psychology courses are taught in Sports, Tourism and Hospitality, film Institute, and Management Faculty. Psychology is an integral part of public service commission of Nepal government. In recent three decades, psychology has been widely applied in mental health area. For examples; psychologists provided mental health services to the Bhutanese refugee. Nepal government has also emphasized the role of psychological science to reduce the mh GAP by providing medical and psychosocial services at rural community in collaboration with govt. hospitals and primary health care Centers. Psychologists are playing important role in rehabilitation and training Centers. Integration of mental health and psychosocial support in emergency settings has been recognized as an essential relief strategy in Nepal. Recently, some psychologists and counseling psychologists are employed in educational sectors as counselors. There are evidences showing that school students have social, economic,

emotional, and adjustment problems. The Counsellors are providing their services both at preventive and curative level. The scope of psychology in schools is widening.

Nepal has faced challenges of both man-made crisis and natural disasters in recent decades. It has witnessed internal political and socio-cultural conflicts, Maoist insurgency and resulting psychosocial and mental health consequences, internal political regional conflicts between people of plain and hill areas along with natural disaster like flooding, landslides, and massive earthquakes. All these have resulted in physical, social, psychological and humanitarian crisis. Clinical and counselling psychology has made greater contribution to reduce human suffering and raising quality of life. On social cultural level, massive internal forced displacement, social, political, economic and gender based discrimination and violence, sexual orientation, violence against minority and marginalized groups are historical problems in multicultural settings of Nepal. Applied psychology including social psychology have important role to play to understand and reduce such discrimination and violence. Applied psychology is moving to this direction to work with the mainstream of national development by mediating between evidence based knowledge and priorities of solving range of human, social, cultural, developmental problems.



Whither Applied Social and Organizational Psychology in India?

R.C. Tripathi

I shall discuss how research in organizational and applied social psychology has progressed in India and how much has it succeeded in contributing towards improving human and social conditions of the Indian people. Although, the Indian economy has done well in the past many years, the truth also remains that the knowledge generated by the research has not actually translated on the ground. India has not been able to address satisfactorily, the problems related to poverty, malnutrition, inequality, violence, and environmental degradation. We will examine whether one possible reason for this may lie in the manner organizations in India have functioned. We will review research with a view to assessing how far it has been able to address the problems of the Indian society and also been able to prepare it to face the challenges that are likely to arise. Towards the end, we will suggest some possible directions in which research in applied social and organizational psychology can proceed.



Clinical Counseling and Health psychology in India

Malavika Kapur

The healing traditions of the West and the East parted ways, historically by the Cartesian dualism of body and mind in the West. This resulted in the present day divergence in the theories, practice and research. There is a need to delve into these differences as well as explore culturally anchored healing practices. The globalised approach of western healing practices where 'one size fits all' as well as psychological counselling as practised in India needs a paradigm shift. The psychologists in the West promoted their own favoured brands such as psychoanalysis, behavioural and phenomenological approaches. On the other hand the indigenous healing practices such as Ayurveda, Unani, Siddha and Tibetan medicine seamlessly blended holistic approach to body and mind interaction, as well as their dynamic interaction with the physical and psychosocial and cultural contexts of the environment. These are embedded at the core of contemporary constructs of Developmental, Health and Positive Psychology.

The origins of clinical counseling in India can be traced back to the 1960s, to the early models of psychotherapies pioneered by eminent psychiatrists, showing the way towards Indian psychotherapy. Unfortunately, psychotherapy remained a bastion of psychiatrists with a few exceptions, resulting in the psychologists unquestioningly adopting and training the western psychological practices, oblivious to the fact that psychological therapies need to be grounded in the cultural context and individually tailored to the specific needs of the client.

A paradigm shift needed, while adopting the best of Western psychology and the holistic approach of indigenous health practices as well as folk psychology. At present there is a mismatch between counsellors biased towards specific techniques and the client to whom these are often inapplicable. By adopting life cycle (developmental) and holistic approaches, one can adopt nuanced approach to the client needs at different stages in life, the chasm between the counsellor and the client can be bridged. The presentation explores such innovative combination of approaches in view of the cultural diversities in the country.

The International Association of Applied Psychology (IAAP)-founded in 1920 is the oldest international organization of psychologists. It was formed to promote the science and practice of applied psychology and to facilitate interaction and communication among applied psychologists around the world, reflected in its mission statement, stated in Article 1 of its Constitution as “...to promote the science and practice of applied psychology and to facilitate interaction and communication among applied psychologists around the world.” Activities of IAAP include International Congresses of Applied Psychology, Regional Conferences of Psychology, Advanced Research Training Seminars, Publications, International Cooperation, and Awards. It has the status of Non-Governmental Organization (NGO) in the United Nations and the status of Affiliate Member in the International Social Science Council (ISSC) and the World Federation of Mental Health (WFMH). The Association distinguishes five membership categories: Full Members, Fellows, Student, Honorary and Alliance Members. More details are available at <https://iaapsy.org/membership/how-to-join/0>

The National Academy of Psychology (NAOP)- The NAOP, India, a professional organization of scientists, researchers and practitioners in the discipline of Psychology was founded in 1987 for the advancement of Psychological Science and its applications for human welfare. For its objectives NAOP liaisons with national and International organizations for academic as well as professional matters and has signed MoU with American Psychological Association, British Psychological Society, South African Psychological Society, and Japanese Psychological Association. NAOP is a national member of the International Union of Psychological Science (IUPsyS), a founder member of the Asia-Pacific Psychology Alliance (APPA) and participating member in the formation of BRICS Forum of Psychologists. NAOP holds its Annual Convention and Advanced Training programs, awards fellowships, and publishes its Journal Psychological Studies, published by Springer. NAOP has two membership categories: Full members and Associate Members. More details are available at <http://naopindia.org/membership>.

