



InSPA Newsletter

Vol. 12 No. 2 April 2021 Indian School Psychology Association (InSPA) www.inspa.org

InSPA Action Plan 2020 - 21 Inside

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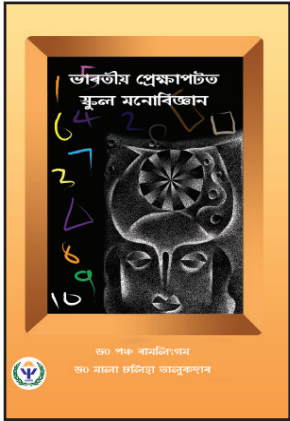
Prof. Gurmeet Singh
Vice Chancellor
Pondicherry University
Our Chief Patron

Welcome to
11th InSPA International Conference
at Madras University, Chennai

11 - 13 November 2021

Newsletter Editor : **Preeti Inder**, Chennai

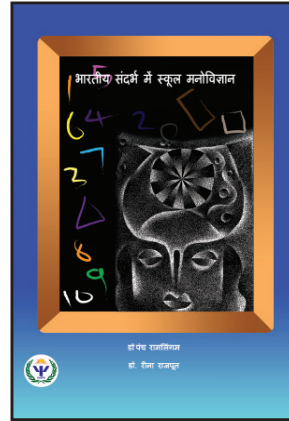
InSPA Book Project



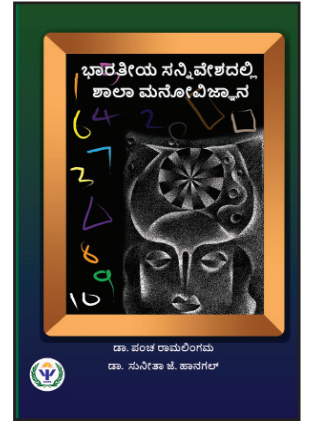
Assamese



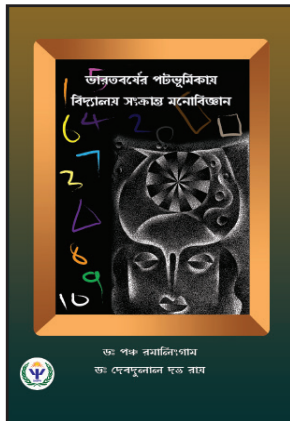
Tamil



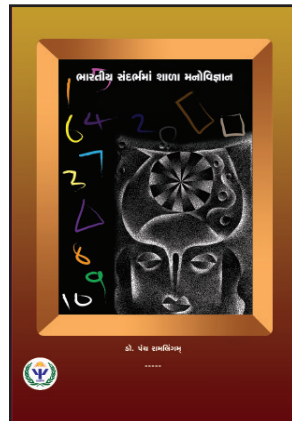
Hindi



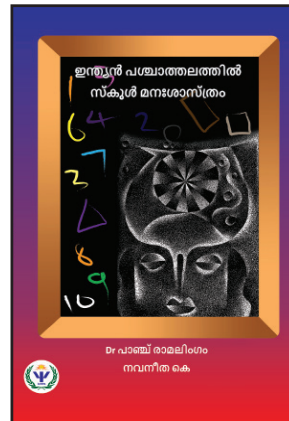
Kannada



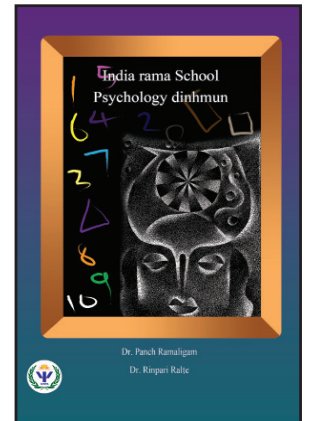
Bengali



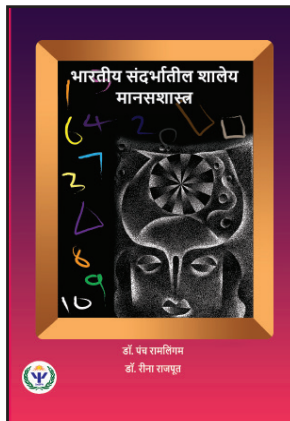
Gujarati



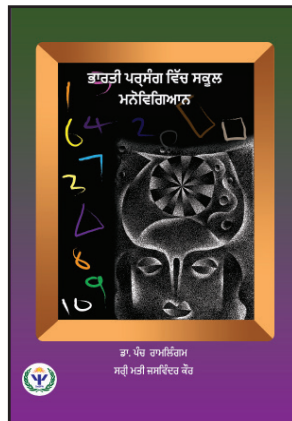
Malayalam



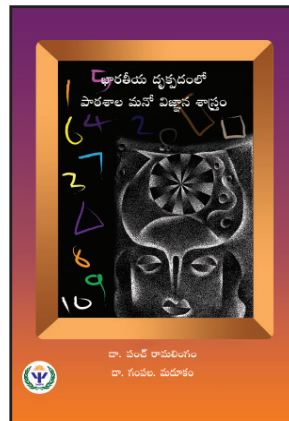
Mizo



Marathi



Punjabi



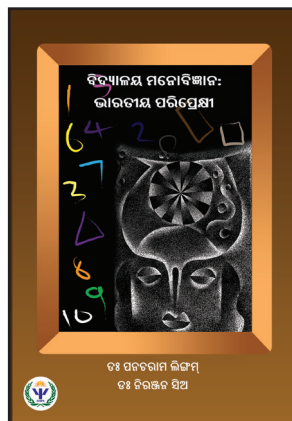
Telugu



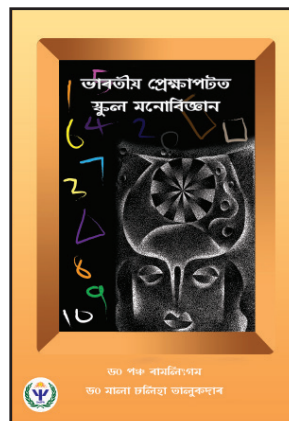
Manipuri



Urdu



Oriya

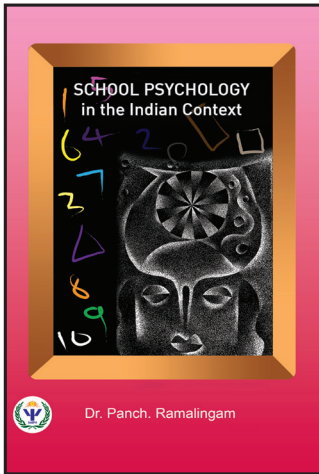


Kashi



Kashmiri

School Psychology in the Indian Context



The Book

In India, school psychology has yet to receive recognition as an independent field of study within psychology. In contrast, academic institutions in Western developed nations have been offering school psychology training programs for many decades. School psychology is offered at the master's and doctoral level in many universities. It is primarily concerned with the educational and psychological well-being of children, adolescents, and young adults. School psychologists often work in multiple settings such as schools, hospitals, university settings, and in private practice. As mental health professionals, school psychologists are unique, in that they are trained in both, psychology and education. They are trained to carry out a variety of tasks such as psychological evaluations, psycho-educational assessments, developing interventions and providing individual and/or family therapy. They are expected to conduct themselves in accordance with the ethical, legal and administrative codes of their profession.

This book provides nature, scope and essential features required in India. The twelve chapters described in several aspects to provide a resource material to the budding Indian psychologists and teachers in school system. The chapters included are 1. Introduction to School Psychology, 2. Historical Perspectives, 3. Prospects of School Psychology in India, 4. Child Development Stages, 5. Inclusive Education in India, 6. Learning and Learning Disabilities, 7. Mental Health and Well-being, 8. School Psychology Services to Children with Disabilities, 9. Essential Life Skills, 10. Professional Ethics and School Psychology Services, 11. Basic Counselling Skills and Self Care of School Psychologists, and 12. Role of School Psychologists and Future Directions.

The Author



Dr. Panch. Ramalingam presently teaches at Pondicherry University. He is a Founder President, Asia Pacific School Psychology Association, Malaysia (2019 - 2022), Founder President of the Pondicherry Psychology Association (2000 - 2008), Founder Secretary (2009-2020) and presently President, Indian School Psychology Association (InSPA). He has authored more than 80 books and contributed more than 60 research papers.

The Translators

This book has been simultaneously translated into all Indian languages as follows:

HINDI

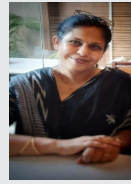
Dr. Reena Singh

C/96 /C, Sarvadharm C-Sector,
Kolar Road, Bhopal,
Madhya Pradesh - 462042.

and

Dr. Rajendra Singh

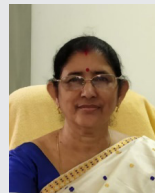
Government SDJH Medical
College and Hospital,
Chandeswar, Azamgarh-276128, UP



ASSAMESE

Dr. Mala Chaliha Talukdar

Gauhati University
Hospital Campus,
Guwahati - 781 014
Assam



BENGALI

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West Bengal.



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Karnataka.



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Dr. Ansarullah Tantry

Assistant Professor Psychology
Raipora Palhallan, Pattan,
District- Baramulla,
Jammu & Kashmir -193121



KASHI



**Mrs Pyntngenlang
Thangkhiew
Dr Geetanjali Poon
Terang**
Shillong, Meghalaya

ORIYA



Dr. Niranjan Sia
Bhubaneshwar

MALAYALAM



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Punjabi University
Patiala

MANIPURI



**Dr. Jitendra Kumar
and
Dr. Babina**
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Dr. Panch. Ramalingam
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Puducherry - 605 014

MARATHI



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TELUGU



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Parvathapur Peerzadiguda
Hyderabad - 500098, Telangana

MIZO



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Aizawl - 796007
Mizoram

URDU



Dr. Razi Faraz Khan
HN 42 Sajida Nagar,
Karbala Road, Bhopal,
Madhya Pradesh - 462001

This Book is available in All Indian Languages to Promote School Psychology in India

This is for booking Pre Publication of the Book "School Psychology in the Indian Context in English. This has been publishing in 16 Indian languages. Price: Rs.200/- each book. You can avail it for Rs.100/- (50% discount). Last date for concessional booking is 30.06.2021. The books will be sent by registered post in July 2021. Payment can be made: Account Name: Indian School Psychology Association, Name of the bank: Indian Bank, Lawspet Branch, Puducherry - 605 008. SBA/C No: 865221062; IFS Code: IDIB000L007

Registration link is

<https://forms.gle/CqaZey7wRTyGEddy6>

For Required Number of Copies

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Mobile : 8903300609

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Vice Chancellor
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Chief Patron, InSPA



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Vice Chancellor,
Central University of Kashmir,
Srinagar



Prof. P. Venkataramaiah,
Former Chairman STC NCTE
Bangalore



Prof. N. Panchanatham
Vice-Chancellor, Tamil Nadu
Teacher Education University
Chennai



Prof. R. Karpaga Kumaravel
Vice-Chancellor,
Central University of Tamil Nadu,
Thiruvavur



First President (2009 - 2014)
Prof. G.P. Thakur
New Delhi



Imm. Past President (2014 - 2020)
Prof. B. Mukhopadhyay
Chennai



Prof. Kiran Devendra
New Delhi

Office Bearers of the InSPA (2020-2023)

The management of affairs of the Association is entrusted in accordance with Rules and Regulations of the Association to the Governing Council of the Association:



President
Dr. Panch. Ramalingam
Puducherry



Secretary
Prof. Zokaitluangi
Mizoram



Treasurer
Dr. S. Suresh
Puducherry



Vice President
Prof. Indranee Phookan
Boroah
Guwahati



Vice President
Dr. R.J. Solomon
Mumbai



Joint Secretary
Dr. Shah Alam
Aligarh



Joint Secretary
Dr. (Smt.) Suneetha J Hangal
Hubli

InSPA National Co-ordinators 2020-2023



Dr. Panch. Ramalingam
InSPA Journal Editor



Dr. S. Renukadevi
Children Assembly



Dr. MVR Raju
Research and Development



Sonawane
Teaching of School
Psychology



Prof. B. Mukhopadhyay
InSPA Awards



Prof. S. Thenmozhi
Counselling Services &
Conference Co-ordinator



Dr. D. Rajendran
School Teachers' Workshop



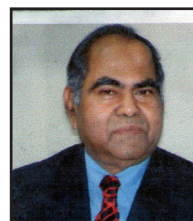
Preeti Inder
Newsletter Editor



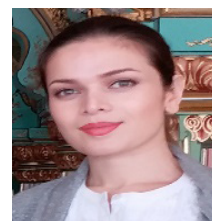
Dr. T. Santhanam
Workshop on Special Education



Dr. Debbulal Dutta Roy
National Survey



Prof. N.K. Saksena
Parenting



Dr. Yogini Nath
School Psychology Training



Prof. Nighat Basu, Kashmir
Life Skills Training



Dr Rinpari Ralte
Webinar Coordinator



Dr. Sarah Manickaraj
Game Based Therapy



Dr. G. Kulandhaivel
Online Programs



Prof. B. Rangaiah
Manospondan
(Students Counselling)



Prof. Bhupinder Singh
Prof. S. Sultan Aktar
National Champion
Award for PG Students



Dr. Kalyani Kenneth
Prof. K.V. Kaliappan
National Champion
Award for UG Students



Dr. Ajab Primuswala
National Champion
Award for School Students



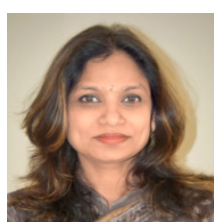
Dr. Abdul Kadhar, A.A
Quiz Competition



Mrs. V. Kamini
Counselling Forum



Dr. Lalitha Subramanian
(Learning Disabilities)



Dr. Sneha Bansal
Essay Competitions



Dr. Veena Vani
Journal Secretary



Dr. Manoj Kumar
School Counselling



Dr. Reena Singh
InSPA Book Project

InSPA State Conveners

(01.04 .2021 to 31.03.2022)

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2	Andhra Pradesh Dr. N.V.S. Suryanarayana Vizianagaram Email : suryanarayananistala@gmail.com Mobile : 96666 33885	
3	Arunachal Pradesh Prof. Elizabeth Hangsing Doimukh Email : ehansingrgu@yahoo.co.in Mobile : 94360 44862	
4	Assam Dr. Sabiha Alam Choudhury Email : sabiha.choudhury@dbuniversity.ac.in Mobile : 76700 26969	
5	Bihar Dr. Shakila Azim Email : dr.shakila.azim@gmail.com Mobile : 90068 50886	
6	Chandigarh Dr. Sneh Bansal Email : sneh.bansal40@gmail.com Mobile : 92164 13124	
7	Chhattisgarh Dr. Pratibha J. Mishra Email : pjmlndn@gmail.com Mobile : 78694 22622	
8	Goa Dr. Janet Fernandes e D'Souza Email : drjanet2307@gmail.com Mobile : 98237 09003	
9	Gujarat Dr. Navin Patel Email : navinpatelgls@yahoo.com Mobile : 9825150323	
10	Haryana Dr. Deepti Hooda Email : deepti.hooda17@gmail.com Mobile : 9996497766	
11	Himachal Pradesh Dr Anita Chauhan Email : anita12.chauhan@gmail.com Mobile : 86269 78575	
12	Jammu and Kashmir Dr. Miz Zafar Iqbal Email : drpsyzafar@gmail.com Mobile : 78895 33850	
13	Jharkhand Dr. Sadique Razaque , Hazaribag Email : sadiquerazaque@gmail.com Mobile : 88251 40732	
14	Karnataka Dr. Jayasankara Reddy, K , Bangaluru Email : jayashankarblr@gmail.com Mobile : 98451 20091	
15	Kerala Ms. Navneetha, K Email : navneetha94@gmail.com Mobile : 9446077943	
16	Madhya Pradesh Dr. Seema Vijayvargiya Email : vseema@aol.in Mobile : 94253 03068	
17	Maharashtra Dr. Priscilla Paul , Mumbai Email : drpriscilla@rediffmail.com Mobile : 98212 57198	
18	Manipur Dr. Jitendra Kumar Email : kjitendrakumar85@gmail.com Mobile : 9378075488	
19	Meghalaya Dr Zebalda Restia , Shillong Email : zebaldarestia@gmail.com Mobile : 8794793526	
20	Mizoram Dr. Rinpari Ralte Email : pariralte77@gmail.com Mobile : 94361 58367	
21	Nagaland Dr. Temsusenla Jamir Email : asenlajamir1317@gmail.com Mobile : 85756 79080	
22	NCT of Delhi Dr. Munnoo Khan , JMI, New Delhi Email : munnooalig@gmail.com Mobile : 83828 62489	
23	Odisha Dr. Niranjan Sia Mobile : 9937057699	
24	Puducherry Prof. A. Shahin Sultana , Puducherry Email : dr.shahinsultana@gmail.com Mobile : 89033 06712	
25	Punjab Dr. Jagpreet Kaur , Patiala Email : mahal.jagpreet@gmail.com Mobile : 99142 00649	

26	Rajasthan Dr. Rajshree Tewari Email : rajshree.tewaro@gmail.com Mobile : 9887297933		30	Tripura Dr. Deepa Ghosh Email : deepaghosh71@gmail.com Mobile : 8132023532	
27	Sikkim Dr. Satyananda Panda Email : spanda@cus.ac.in Mobile : 95479 09620		31	Uttar Pradesh Dr. Rajendra Singh Email : drrajputbpl@gmail.com Mobile : 9827004022	
28	Tamil Nadu Dr. Veena Pillai Email : mail2drveena@yahoo.co.in Mobile : 9003159630		32	Uttarakhand Shyam Lata Juyal Email : shyamlatajuyal@gmail.com Mobile : 78302 11022	
29	Telangana Dr. Madhukar Gampala Email : madhkar.gampala@gmail.com Mobile : 9398926248		33	West Bengal Dr. Debbulal Dutta Roy, Kolkata Email : dduttaroy@gmail.com Mobile : 9830010547	

InSPA Membership

InSPA Membership Admission and Fees

There are two types of members. To become an InSPA member, one has to pay Rs.100/- as admission fee in addition to the subscription amount.

A. Life Member

All those who are qualified graduates with psychology, known to be of good character in the community, may become Members of the Association and shall be members by remitting Rs.3000/- and will be called Life Members.

B. Regular Member

All those who are qualified graduates with psychology, known to be of good character in the community, may become Members of the Association and shall be members by remitting Rs.500/- and will be called Regular Member or Annual Member.

Member benefits:

1. National level recognition as Professional membership in the InSPA
2. Getting two issues of the InSPA Journal of Applied and School Psychology in April and October free of cost for one year. Followed by Rs.1000/- for three-year subscription.
3. 25% Subsidized rate for National and International conference participation
4. 50% reduced price for InSPA Publications.
5. Priority will be given for members to publish research papers in SCOPUS and UGC Care listed Journals.
6. Opportunities will be provided to participate in the International conferences with minimum budget

Enrol as members by using our website : www.inspa.org

Achievements in 2020 - 21

Dr. Panch. Ramalingam

President, InSPA

Our team of InSPA office bearers assumed charges on 1st April 2020 with COVID19 Pandemic challenges. No one expected the uncertainty and cautioned every one of us not to move out of from the houses. During such situation, we acquired the skills for using online tools to communicate with each other and started the culture of work from home. First we tried out with Zoom meeting with new office bearers on 2nd April 2020 followed by State Conveners meet on 10th April 2020. Due to the encouraging support rendered by our active members, we extended it to other online meetings and webinars. At the same time, we strengthened our website www.inspa.org to enrol members, immediate issue of membership receipts for the payment done, issue of membership certificates and ID card. Within the short span of six months we were able strengthen our Association with 814 Life Members. Out which 380 members have joined in this year 2020 – 21.

We have nominated State Conveners for 33 States/Union Territories and most of the State conveners extended their support to conduct online programmes. Based on the gained experience, we subscribed for Google Suite with recording facility in July 2020. With the support of the experts in School Psychology, we have launched weekly online lectures on Fridays and Saturdays.

Target Achieved

The Indian setting today characterized by the existence of schools of various standards, which may be distinguished based on a number of indicators, including teaching methods, physical infrastructural facilities, and policies of administration. Children of these schools need proper psychological guidance to learn and acquire skills and abilities. We strongly

believe that School Psychologists alone can provide the necessary professional guidance to children in schools. In this background, the InSPA is moving ahead of setting up its Institute of School Psychology for the purpose of research and training in School Psychology.

Major accomplishments during the year 2020-21 are:

- Life members' enrollment reached from 434 to 814.
- Successfully conducted around 100 webinars, online lectures, workshops, and regular meeting with InSPA members. The details are included in this report.
- In collaboration with several universities we are able to conduct school psychology programmes
- In collaboration with Asia Pacific School Psychology Association (APSPA) organized three International webinars on the concept COVID19: Helping Children at Home. A brief report is included.
- Conducted 10th InSPA International Conference on Empowering Children for Mental Health and Lifelong Learning on 5 – 7 November 2020 by using Google Meet links. Seven links have been used to conduct concurrent sessions. The detailed report is included.
- A forum for counselling services has been created and monitored by Mrs. V. Kamini, Chennai. 72 of our members have joined in this forum
- Another forum for Game Based Therapy has been created and monitored by Dr. Sarah Manickaraj and Dr. Vasantha Prabha, Chennai. The list is included in

this report.

- Published four issues of the new journal titled, “*InSPA Journal of Applied and School Psychology*” (October 2019 to April 2021) have been published and submitted to RNI registration.
- Published four issues of the InSPA Newsletter in 2020-21 (April, July and October 2020 and January 2021)
- The listed awards and prizes 2020 have been distributed to the deserving people. Prof. B. Mukhopadhyay is the chairman of the committee.
- Conducted several events in collaboration with International Associations and reported in this report.

- Periodical meetings of the Governing Council and National Council have been conducted. The minutes of the meeting are included in this report.
- The audited statement of Accounts included in this report.

This 12th InSPA Annual Report 2020 – 21 provides targets achieved in this year, Profile of the InSPA as well as list of national coordinators, list of state conveners, list of members, list of InSPA Counsellors, detailed activities of the InSPA, InSPA Awardees 2020, Report of the 10th InSPA International Conference, InSPA decisions and audited statement of accounts 2020 – 21.



InSPA Journal of Applied and School Psychology

Editor :
Dr. Panch. Ramalingam

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InSPA Counsellors 2021 Helpline

Sl No	Name	Qualification	State	Gender	Email	Mobile No	Counselling Area
1	Dr. Janet Fernandes	PhD in Psychology Mumbai University	Mapusa, Goa	Female	drjanet2307@gmail.com	9823709003	Children& Parents
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3	Ms.Ajab Primuswala	M.Phil clinical Psychology	Gujarat	Female	ajabprimuswala@gmail.com	9925721125	All three areas
4	Ms..Anjali Hardikar	MSW , TISS, Mumbai	Gujarat	Female	anjali.hardikar@gmail.com	9909998143	All three areas
5	Mrs. Arti Gupta	M.A. Psychology, PGDGC, Ph.D pursuing	Bhopal, Madhya Pradesh	Female	artineeshgupta@gmail.com	9826167447 7554218089	All three areas
6	Ms.Deepali Devdatt Punekar	M.A. Psychology,P.G.D.in Clinical and Applied Hypnotherapy	Vadodara, Gujarat	Female	deepali_hande@rediff.com	9898476989	All three areas
7	Mr.Dhani Shankar	M.A. Clinical Psychology, PGDCP, Banaras Hindu University, B.Ed	Uttar Pradesh	Male	dhanishankar@gmail.com	7388993447	All three areas
8	Ms.Diana Manoshi	M.Phil	Karnatka, Bangalore	Female	Manoshi.d7@gmail.com	9986716756	Children& Parents
9	Ms.Divya Arun	M.A Psychology, PGDCP, Banaras Hindu University	Uttar Pradesh	Female	arundivya12@gmail.com	9450460288	All three areas
10	Ms.Fuljhuri Basu	M.A. Psychology, PGDSC, University of Calcutta	Kolkata	Female	fbasu2009@gmail.com	9830309441	Children & Parents
11	Ms.Gitashree Majumdar	M.sc Psychology, Annamalai University	Hyderabad	Female	gitashree.majumdar@gmail.com	8938950668	All three areas
12	Dr.Gagadharan	Ph.D, M.A Psychology M.A Sociology, PGD Clinical Hypnosis, GCC University of Kerala	Thiruvananthapuram, Kerala	Male	drpbgangadhar@gmail.com	8089017205 9995366659	All three areas
13	Dr.Jamila Firdaus	M.A. (clinical Psychology), Ph.D, Education	Vadodara, Gujarat	Female	jamilaf@navrachana.edu.in	9825977437	All three areas
14	Dr.Juliet Lalremmawii Ralte	Ph.D, M.A(clinical Psychology)	Mizoram	Female	julietralte@gmail.com	9436153929	Children & Parents
15	Ms.Juvairia Tariq	M.A.Clinical Psychology, Diploma in Counseling Psychology	Madhya Pradesh	Female	tariqujuvairia@gmail.com	9753609072	All three areas
16	Ms.Jyoti Kamble	M.Phil in Clinical Psychology, Gujarat Forensic Science University	Bhopal	Female	jjyotikamble1987@gamil.com	7999859772	All three areas
17	Mr.Sri E.Jayaganapathy	M.Sc (Counselling & Psychotherapy), M.Ed	Tamil Nadu, Nagapattinam	Male	ejpgat@yahoo.com	7904013027 9486971975	All three areas
18	Ms.Kamini, V	M.Sc. Psychology, University of Madras, PGDLD, The Tamil Nadu Dr.M.G.R. Medical University	Tamil Nadu, Chennai	Female	minivnk@yahoo.com	8939001399	All three areas
19	Dr.Kanchan Mathankar	Ph.D in Psychology, Barkatullah University	MP	Female	kmathankar09@gmail.com	7999843706	children
20	Ms.Kanchan Thakur	M.A Psychology, Post MA Diploma in Professional Counselling and Psychotherapy	Himachal Pradesh	Female	kanchithkr9@gmail.com	7807100814	Children & Parents
21	Mr.Krishna kumar Dwivedi	Diploma in Guidance Psychology, M.A Psychology	Uttar Pradesh	Male	kkdwivedi5776@gmail.com	8545097080, 6391318744	Children
22	Mr.Kumaran, S	M.Phil (Psychology) , M.A (Psy) Annamalai University, PGDGC	Puducherry	Male	kumaransund@gmail.com	9944537681	All three areas
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Indian School Psychology Association (InSPA) Action Plan 2021 - 22

The Indian School Psychology Association (www.inspa.org), an affiliate of International School Psychology Association (www.ispaweb.org), is a voluntary non-profit School Psychology Services Association founded in 2009 (Regd No.583/2009). The primary aim of the association is to develop and promote school psychology services in India, values-based education, and training to meet the needs of society and particularly to elevate the children to develop learning skills, mental health and well-being school education in India and abroad.

The InSPA (www.inspa.org) is gradually stepping around the country to popularize School Psychology in India and encourage psychologists to play an active role in the larger interest to provide better education to children. The members of the InSPA are actively involved in the process of developing school psychology throughout the nation.

India is a nation depicting unity in diversity. It is the largest democracy with a huge number of students' population. It is a multi-cultural and multilingual fast developing country in the Asian subcontinent. It has multifaceted schooling systems that cater to the needs of the children. In India, the schools run by the state governments, both in urban and rural areas differ in many respects from the private English-medium schools that draw children largely from economically prosperous families.

Thus, the Indian setting today characterized by the existence of schools of various standards, which may be distinguished based on a number of indicators, including teaching methods, physical infrastructural facilities, and policies of administration. Children of these schools need proper psychological guidance to learn and acquire skills and abilities. We strongly believe that School Psychologists alone can provide the necessary professional guidance to children in schools. In this background, the InSPA is moving ahead of setting up its Institute of School Psychology for the purpose of research and training in School Psychology.

InSPA is primarily a professional service organisation, taking into account the genuine day-to-day need of school environment in India. For this purpose teaching, training, research, and practice are major concern of the InSPA. The following are the key areas focussed in the year 2021 - 2022.

1. Teaching of School Psychology

**National Co-ordinator:
Dr. Sanjeev Sonawane
Pune**

Teaching of school psychology is very limited as far as our country is concerned. InSPA is venturing to assist and support the teaching school psychology in university departments and colleges. It will assist in several ways and means possible such as

- Providing suitable resource persons for teaching sound theoretical foundation in psychological science
- Providing knowledge and skills concerning fundamentals of measurement and assessment and the use of psychological and educational assessment measures in a non-biased, reliable and valid manner.
- Providing resource support to the ability to apply theoretical knowledge and skills when consulting with teachers, parents, and other professionals.
- Providing periodical in campus training to make the students to develop (a) active involvement in the profession, (b) commitment to professional ethics and standards, and (c) commitment to lifelong learning.

2. Training on School Psychology Services

**National Coordinators:
Dr. Yogini Nath, Chennai and
Dr. Mira Shah, Mumbai**

A four-part training program in school psychology will be conducted as part of InSPA's initiatives to equip school based mental health professionals with basic knowledge and skills in school psychology. Four core training models

will be taught, with each module scheduled every three months. Each module will be taught over a two day period. The training will be offered to counsellors or psychologists working in educational settings.

Core Modules

1. School based psychological services for children and youth

- a. Core competencies of a school psychologist
- b. Models of service delivery

2. Psychoeducational assessment of preschool and school aged children

- a. Assessing, planning, implementing, monitoring, and evaluating school-based academic and behavioral interventions for children and adolescents
- b. Comprehensive psychoeducational evaluations
- c. Prevention and intervention of academic problems
- d. Basic counselling skills
- e. Report writing and feedback

3. Consultation in educational settings

- a. Provision of consultation services to individuals, groups and systems

4. Professional, ethical, legal, and social responsibility

- a. Standards for professional practice
- b. Ethical and legal issues in school psychology

3. Workshop on School Psychology for School Teachers

National Coordinator:
Dr. D. Rajendran, Joint Director of School Education (Retd), Chennai

This was first of its kind to organise a training programme on school psychology to the school principals, head masters and teachers by inviting international trainer in 2011. The training modules include acquisition of skills in School Psychology, lecture cum interaction, demonstration and role-play, skill practice and material preparation, practice workshop with primary and secondary school children, assignments and tests.

The training modules were prepared by the International School Psychologists keeping in

mind of the Indian contexts. The InSPA initiated to train the School Psychology professionals cater to the needs of the Indian Schools.

The first training programmes was conducted from 28th January to 01st February, 2012 in Puducherry with the support of the Chief Minister Shri. N. Rangasamy. The participants of the first training were school head masters and school counsellors. The second training programme was conducted at Acharya College of Education, Puducherry from 1st to 2nd February, 2012. The participants were schoolteachers and BED Students who cater to the needs of children. InSPA continuously conducting these kind of workshops every year in different States with the support of Universities and interest groups.

Training Features

- Understanding School Psychology
- A Comprehensive Course for increasing Knowledge, Ability and Potential
- International Trainers
- Interactive Lectures and role play sessions
- Skill Development and Practice
- Hands-on Project Experience (HOPE) with material preparation, workshops with primary and secondary school children, assignments and tests designed for mastering intervention techniques.
- Augmenting Capacity Building to cater to contemporary challenges and opportunities.

Outcomes Achieved:

Feedback from participants indicated that they had an increased understanding of the various roles of school psychologists and how will assist in improving educational outcomes for children in Indian schools. In addition, participants reported an increased knowledge in the topics covered.

Target 2021-2022

This year we propose to conduct 50 workshops in all States and Union Territories by keeping standard modules to train the schoolteachers in India. Each State will conduct three workshops for Government school teachers, private school teachers and special schools.

Workshop Modules

Module I: Theoretical framework of School Psychology

Module II: Life skills Education for School Teachers

Module III: Learning Disabilities Assessment and Intervention

Module IV: Safe and Friendly Schooling

Module V: Mental Health and Well-being in Schools

Duration: Six hours per day for three days (10.00 am to 5.00 pm)

The InSPA will provide workshop resources and hospitality is expected from the host institutions. Registration of teachers is free. In each workshop around 50 teachers will be accommodated with five to six resource persons. InSPA will issue the certificate of participation to the teachers. The workshops will be conducted in September 2021. The State conveners are requested to schedule the workshops.

LIST OF EXPERTS FOR InSPA WORKSHOP

	Dr. C.R. Darolia, Professor of Psychology (Retd), Kurukshetra University, Kurukshetra.
	Prof. G. Venkatesh Kumar Mysore University, Mysore
	Prof. Kiran Devendra NCERT, New Delhi
	Prof. Nutankumar S. Thingujam Central University of Sikkim
	Prof. G. Rajamohan Chennai
	Prof. Ratna Natarajan Thiruppathur

	Prof. V.S.R. Vijayakumar Chennai
	Prof. D. Brahadeeswaran VIT, Vellore
	Prof. P. Jeyachandran Chennai
	Prof. S. Kadiravan Periyar University Salem
	Prof. I.L. Singh Banaras Hindu University Varanasi
	Prof. Radhey Shyam MD University, Rohtak
	Prof. Nov Rattan Sharma MD University, Rohtak
	Prof. R.S. Pirta Himachal Pradesh University Shimla
	Prof. Hari Suman Solon, Himachal Pradesh
	Dr. Ramma Professor, Department of Education, RIE, Mysore
	Prof. G.C. Upadhyay NCERT, Delhi
	Prof. Anjali Ghosh Indian Statistical Institute Kolkata
	Prof. Anjali Rai Calcutta University, Kolkata
	Prof. R. Gopalakrishna Bangalore University Bangalu ru

Dr. Shahid Hassan Univ. Department of Psychology Ranchi University, Ranchi, Jharkhand
Dr. Meera Jaiswal Univ. Department of Psychology Ranchi University, Ranchi, Jharkhand.
Dr. A.N. Pathak Univ Department of Psychology Sidho Kanho University, Dumka, Jharkhand.
Dr. R.S Yadava Univ. Deptment of Psychology B B M University, Dhanbad, Jharkhand.
Dr. Brinda Associate Professor, Department of Psychology, CMR University, Life Skills Trainee
Dr. Hosamani Associate Professor, Department of Psychology, Bangalore University
Dr. Smitha Reddy HOD, Department of Psychology, Garden City University, Bangalore
Dr Aradhana Gupta, Kanpur
Dr Kumud Srivastava, Lucknow
Dr Rashmi Mishra, Kanpur
Dr Shakti Mishra, Lucknow
Dr Pragya Tripathi, Kanpur
Ms Vicky Chandi, Kanpur
Ms Seema Saraf, Lucknow
Dr Juliet Lalremmawii Ralte, Associate Professor, Department of Psychology, Govt Hrangbana College, Aizawl
Ms Saihlupuii Sailo, Head, Department of Psychology, Govt Hrangbana College, Aizawl
Dr Zothanzami, Associate Professor, Department of Psychology, Govt Hrangbana College, Aizawl
Ms. Leeta Hazarika, Counselling Psychologist and experienced in the area of Learning Disability
Ms. Sandamita Choudhury, Clinical Psychologist in the area of Mental Health
Dr. Bidita Das, Hnadique Girls' College, Guwahati, in the area of Life Skills

4. Workshop on Special Education

National Coordinator:
Dr. T. Santhanam, Chennai

The RPWD Act 2016 insisted upon the Inclusive Education thereby complying the Act the CBSE, State Board and International Schools started admitting the Children with Special Needs such as Children with Autism Spectrum Disorder/ Specific Learning Disability/Intellectual Disability. However, mainly Shadow Teachers seat these children along with non-disabled children in the same classroom under the custody / supervision of Special Educator sporadically. The Shadow teachers do not possess required educational qualification to handle the special children, which may cause more damage in their academic achievement. Therefore, in order to develop the proper human resource in this field, the SDS Academy of Behavioural Sciences has launched short-term training programme on Inclusive Education.

This Academy has professional team consist of Rehabilitation Psychologist, Clinical Psychologist and Special Educator, Occupational Therapist and Speech Therapist and Remedial Educator, which will offer quality training to the teachers for conducting the proposed programme by InSPA in this year. This year it is proposed to conduct four programmes in Puducherry, Chennai, Mizoram and Bhopal.

5. Children Assembly

National Coordinator:
Dr. S. Renukadevi, NITTTR, Chennai

This is a special event of the InSPA to help and motivate the children. This year Children's Assembly will held on the second day of the Conference at Madras University, Chennai between 10.00 am and 12.00 noon. The children from various places in and around Chennai will assemble and interact with the School Psychology experts. A new concept Memoroid will be introduced to the children. Maximum 300 students between the age group 14 -16 years will be admitted to this session.

Expert: Prof. V.S.R. Vijayakumar. He is Former Professor, Chairperson- Research & PhD in the Institute of Management Technology, Nagpur. His area of specialization is Organizational Behavior and Psychometric tests.

6. InSPA Journal Publication

Editor: Dr. Panch. Ramalingam

a. InSPA Journal of Applied and School Psychology

**Journal Secretary
Dr. Veena Vani**

The InSPA Journal of Applied and School Psychology (IJASP) is the newly established peer-reviewed official journal of the Indian School Psychology Association (InSPA). The process of indexing the journal in various databases has been initiated and we hope to make the journal available to a wider audience in the very near future. Each monthly issue of the IJASP is aimed at disseminating advances and innovations in research, training, and practice of school psychology in India. The IJASP welcomes multidisciplinary contributions that are focused on the application of psychology in Indian educational contexts, particularly schools. Particular consideration is given to papers that address the link between theory and practice, and that focus on evidence-based interventions with implications for school psychologists, counsellors, and the wider school community. The journal publishes theoretical papers, original empirical studies, brief research reports, critical reviews of literature on research and practice, and book reviews. While the journal emphasizes Indian perspectives on issues faced by school psychologists and other personnel working in educational institutions, international perspectives, and relevant cultural or cross-cultural research are also considered. Twice a year, the journal also publishes a section on emerging trends in practice, and themes considered to be of special interest to school psychology. All manuscripts are subject to a double-blind, peer review process.

Manuscript Submission

The manuscript should be prepared in standard format with Times New Roman or Arial fonts in size 12. Authors should prepare manuscripts in accordance with the Publication Manual of the American Psychological Association (7th ed. 2020) guidelines. Instructions related to formatting, preparation of tables, figures, references, metrics and abstracts appear in the IJASP manual.

The manuscript should include a separate cover page with the paper title (less than 15 words), the name of the author(s) and their affiliations, and contact information. The manuscript itself must be formatted for anonymous review by removing the authors' names and affiliations, contact information or any other information that may identify the author(s).

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Publication policy

IJASP policy prohibits an author from submitting the same manuscript for concurrent consideration of other publications. As this journal is an international journal that publishes original materials, IJASP policy prohibits publication of any manuscript that has already been published in whole or in substantial part elsewhere. Authors are required to sign an agreement in writing that the submitted paper is an original work and not submitted elsewhere, and that they have complied with ethical standards in the treatment of their sample, human or animal, and describe the details of treatment.

Permission for reproduction of a paper or any part should be addressed to the editor. Manuscripts, Books and Test Reviews should be addressed to Dr. Panch. Ramalingam, Editor, InSPA Journal of Applied and School Psychology (IJASP) at inspajournal2020@gmail.com.

Authors

Prospective authors are requested to follow the "instructions for authors" and adhere to the general format of articles published in IJASP. Authors must submit their articles in soft copy by email to: inspajournal2020@gmail.com. The soft copy must be provided in MS Word. More details are available at www.inspa.org. Authors may be expected to provide their raw data if required during review process. Unpublished tests/questionnaires if used in the study should be submitted along with the manuscript. Articles which do not conform to IJASP guidelines and format will not be entertained. Authors have to submit the author profile and signed agreement as and when the paper is accepted for publication.

b. InSPA Newsletter

Editor:
Mrs. Preeti Inder, Chennai

InSPA Newsletter is a communication media among members. It will be published one in three months. The issue will contain list of members enrolled, minutes of the Governing Council Meeting, activities of the InSPA, professional development of individual members, announcements of meeting and programmes. Now it has been decided to publish this newsletter quarterly as e-newsletter by email as well as through our website www.inspa.org.

c. InSPA Book Project

Coordinator:
Dr. Reena Singh, Bhopal

School Psychology in the Indian Context

This book provides nature, scope and essential features required in India. The ten chapters described in several aspects to provide a resource material to the budding psychologists and teachers in school system. The chapters included are Introduction to School Psychology, Historical aspects, Learning and Learning Disabilities, Indian Education System, Mental Health and Well-being, School Psychology Services.

7. School Counselling Services

V. Kamini, Chennai

InSPA is proposed to launch counselling through our website on major issues of concern related to children, teachers and parents. Our team of counselling experts will provide effective counselling services through online.

8. Game Based Therapy

Resource Persons:
**Dr. Sarah Manickaraj and
Dr. Vasantha Prabha, GBT Centre,
Chennai**

To enhance the cognitive skills such as attention, memory, decision making and problem-solving capacity. School teachers,

School Counsellors can participate in the one day workshop. This workshop is activity based involving puzzles, block designs, picture completion, word association, board games involving eye-hand coordination.

GBT Outcomes

- Enhance thinking, reasoning, concentration and information processing
- Assimilate concepts and promotes learning outcomes
- Create virtual environment and recreates realistic situations
- Comprehend subject matter through games and keeps mind engaged
- Face challenges, enhance fantasy, motivation, and achievement
- Progress through various levels and goals achievement
- Difficulty and complexity of the game promotes emotional stability
- Raise high standards in education
- Transfer learning across the curriculum
- Promote collaboration between Teachers and Students
- Students make mistakes in risk free setting through experimentation
- Actively learn and practice the right way to do things
- Engage in practicing behaviors and thought processes
- Learn to function in a safe context, with rules interaction and feedback
- Accepts rules easily in a playful environment, by following rules, students advance and succeed in the game
- Continuous and personalized feedback provides information about their progress

Longer retention of information and strategic decision making

GBT Applications

Education, human resource, research, training and counselling.

9. Online InSPA Programmes

National Coordinator:
**Prof. G. Kulanthaivel,
NITTTR, Chennai**

Due to the overwhelming response from our members, we are proposing several online activities by subscribing Google Meet.

10. Training of Life Skills

National Coordinator:
Prof. Nighat Basu,
Central University of Kashmir, Srinagar

Life skills have been defined by the World Health Organization (WHO, 2020) as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”. Here, ‘adaptive’ means that a person is flexible in approach and able to adjust in different circumstances. ‘Positive behaviour’ implies that a person is forward looking and even in difficult situations, can find a ray of hope and opportunities to find solutions. Psychosocial competence is a person’s ability to deal effectively with the demands and challenges of everyday life. It plays an important role in the promotion of health in terms of physical, mental and social well-being.

The WHO described ten core life skills such as 1) self-awareness, 2) empathy, 3) critical thinking, 4) creative thinking, 5) decision making, 6) problem solving, 7) effective communication, 8) interpersonal relationship, 9) coping with stress, and 10) coping with emotion. These skills will be trained to the teachers and professionals with the help of online programmes.

11. Workshop for Parents

National Coordinator:
Prof. N.K. Saxena
CSJM University, Kanpur &
Monica Gautam
DAV College, Kanpur

Immune System helps a person in fighting with dreaded ailments. A person who has a strong Immune System is capable of fighting any ailment as compared to his counterpart with weak Immune system. Basically, Immune system is biological or genetic in nature. However, it can be enhanced by diet, yoga, exercise, herbal medicines, etc. Besides, Biological Immune System (BIS), equally important is Psychological Immune System (PIS). Positive Psychology parameters like Hope and optimism, Empathy, Gratitude, Happiness, Well-being (Social, psychological, and emotional), Forgiveness, Resilience etc can be created and developed by School-Family Partnerships. These positive psychology parameters help in development of PIS. Parents and schools appear to concentrate more on academic achievements of their children and students and give less importance to Social

Emotional Learning (SEL). There should be collaborative efforts of the parents and teachers in promoting SEL along with academic learning. CASEL (Collaborative Academic Social Emotional Learning) in partnership with School and Family can help in creating and developing PIS. OLAH (2005), developed an inventory for measuring PIS. This is known as Psychological Immune System Inventory (PISI). Olah conceptualised Three Sub- systems of PIS: Monitoring Approach System (MAS), having seven sub-scales, Creating Executive Sub-system (CES), having five sub-scales, and Self-Regulatory Sub-system (SRS). Thus this tool has sixteen sub-scales each having five items. Thus the tool has eighty items. Positive Parenting and Positive Schooling can facilitate the development of PIS. Through the workshop, awareness can be created among teachers and parents for this very important aspect.

12. Innovative Lecture Series

National Coordinator:
Dr. Jayashankar Reddy
Christ University, Bengaluru

These lectures will be arranged on alternative Fridays from 4.00 to 5.00 pm. First lecture commenced on 29.5.2020. Lectures will be arranged with the help of senior faculty members/professionals/practitioners in school psychology. In this series 25 lectures are proposed for this year. These lectures are for the members only.

13. National Survey on School Psychology Services

National Coordinator:
Dr. D. Dutta Roy
Indian Statistical Institute, Kolkata

The school psychological services around the world are currently undergoing a period of rapid development, little comparative information is available about the training, roles and responsibilities of school psychologists or the contrasting contexts in which they work. Further information in this area should help new and established school psychological services to plan future developments (ISPA, 2004). By keeping this model as an initial input to our National Survey across the country, the InSPA National coordinator designed a survey appropriate for Indian colleagues. This initial efforts will help us to collect preliminary data to provide a foundation for the future understanding of the characteristics, training, roles and responsibilities, challenges and research interests of school psychologists in India.

11th InSPA International Conference 2021

Prof. S. Thenmozhi, Madras University

“School Psychology: Focusing Global Challenges”

11th to 13th November, 2021



- Chief Patron** : Prof. Dr. S. Gowri,
Vice-Chancellor, University of
Madras
- Patron** : Prof. Dr. N. Mathivanan,
Registrar, University of Madras
- Organizing
Secretary** : Dr. S. Thenmozhi, Professor &
Head, Department of
Counselling Psychology,
University of Madras

In this 21st century, there is a drastic increase in problems and challenges faced by school children, organization and educational sectors. Children can be affected by the same mental health issues as adults, though they typically express them in different ways. Every child experiences ups and downs at school. Changing classrooms, learning difficult material, disintegrated family system, broken family, financial issues, parental disputes, increase in the terminal illness and mental health issues amongst family members and also going through developmental changes are all sources of stress that can affect the child's behavior at school as well as his mental health. School Psychology is a system of psychological services for schools and a distinctive discipline within psychological sciences. The range of psychological services provided by school psychologists is very broad; therefore increasing the competency of the school psychologist to tackle the problems and nurture the children is a topic of concern. Psychological services were

used by the state and school administration as they needed, including the times of reforms when it was necessary to evaluate the newly introduced measures. Theoretically it should be possible to influence changes in society by introducing systematic changes in education. Both positive and critical challenges are looked as an opportunity to make a difference and to contribute to a better future. And certainly, we see that schools are expected to challenge all variety of societal problems on a daily basis. Our communities need school psychologists to support students at school, to facilitate their academic development as well as their social and emotional learning.

The Department of Counseling Psychology, University of Madras, in association with Indian School Psychology Association (InSPA) are organising the present International Conference to explore and experience the global Challenges in School psychology and ways to deal with it effectively.

The Department

The Department of Counselling Psychology, University of Madras was started in the year 2015. The Department offers PG, M.Phil and Research (Ph.D) programs in Counselling Psychology. Currently 150 students have registered under various programs in this Department. The courses are designed considering diversity in rapidly changing and globalized society, and the need for counselors in every field. Our Master's and Doctoral programs address the needs of individuals, couples and families across the lifespan in terms of research, teaching and counselling practice. Annually, our students receive “Best Paper awards” and qualify for the National Eligibility Test. Our students pursue higher education and are placed as corporate trainers, school/ college counsellors, and assistant professors in colleges.

Chennai City

Chennai also known as Madras is the capital of the Indian state of Tamil Nadu. Located on the Coromandel Coast of the Bay of Bengal, it is one of the largest cultural, economic and educational centers of south India. Chennai

is home to many museums, galleries, and other institutions. Chennai is a major centre for music, art and culture in India. The city is known for its classical dance shows. The *Madras Music Season*, initiated by Madras Music Academy in 1927, is celebrated every year during the month of December. With temples, beaches and centers of historical and cultural significance, including the UNESCO Heritage Site of Mahabalipuram, Chennai is one of the most-visited places in India.

Themes for Paper Presentation

The theme is Internet addiction and the sub themes have been identified and participants may present their research papers on the following sub themes.

- Primary, middle and high school counselling
- Academic social and emotional learning
- Internet addiction (social media, gaming) among school children- a global perspective
- Global mental health challenges in school children
- Role of nutrition in mental health of school children

- Online classes, academic performance and mental health
- Social & Cultural Issues in School Counseling.
- Environmental sustainability through school programs
- School violence and bullying prevention
- School Counseling Program Evaluation.

Instruction to Authors: Abstract should be around 150-250 words and should include aim, methodology and results. Full paper should be around 5000 words including tables. 7th edition APA format for journal articles should be followed. Only registered participants can send the abstract and full paper. The Peer Reviewed selected papers will be published in the InSPA Journal of Applied and School Psychology.

Last date for the submission of abstract:
30.06.2021

Last date for the submission for full paper:
10.10.2021

No spot registration will be allowed

Further details:

Contact: inspaindia@gmail.com










Web: www.inspa.org




InSPA New Members 2020-21

LM/2020/10802	Dr. Y. Daniel	Male	Tamil Nadu	
LM/2020/10803	Dr. Ritamoni Das	Female	Assam	Dr. Panch. Ramalingam
LM/2020/10804	Pratibha J Mishra	Female	Chhattisgarh	Sadique Razaque
LM/2020/10805	Ishitha B	Female	Kerala	Abhijitha M
LM/2020/10806	Ajit Hariram Patil	Male	Maharashtra	Dr. Panch. Ramalingam
LM/2020/10807	Shyam Lata Juyal	Female	Uttarakhand	Dr. Sadique Razaque
LM/2020/10808	Mamidala Srinivas	Male	Telangana	Dr Madhukar G
LM/2020/10809	Areni Tungoe	Female	Nagaland	Dr. Zavise Rume
LM/2020/10810	Monika Rajvanshi	Female	Madhya Pradesh	Dr. N.K. Saxena
LM/2020/10811	Duha Fathima A	Female	Kerala	Navneetha K
LM/2020/10812	Tolibo Sarah Swu	Female	Nagaland	Areni Tungoe
LM/2020/10813	Jhilli Tewary	Female	West Bengal	Dr. Sumona Datta
LM/2021/10814	Bipasha Chatterjee	Female	West Bengal	Dr. Panch. Ramalingam

InSPA Awards 2021

To promote School Psychology in India and to acknowledge the contributions and yeoman services by individuals / Institutions, InSPA has instituted some awards, which will be presented annually. Any InSPA member may submit nominations of individuals/ institutions with valuable documents on or before 31st August 2021 for the following awards:

Sl. No.	Award	Name of the Award	Instituted by
1.	Cash Award Rs.10,000/- with certificate of Appreciation	Prof. Gurmeet Singh InSPA Excellence Award To encourage the InSPA Members with cash award of Rs.10,000/- for best performing member of InSPA. The following criteria will be followed to select the awardee: i. Enrolling InSPA members – each enrolment gets one point for regular member and two points for life member ii. Publication of paper related to school psychology – each paper gets 20 points iii. Publication of book related to school psychology – each book gets 50 points iv. Conducting conference/seminar/workshop at national level – each event gets 10 points v. Conducting conference/seminar/workshop at international level – each event gets 20 points vi. Representing meetings related to school psychology – gets 10 points vii. The committee of experts will consider other related activities if any.	InSPA 
2.	Cash Award Rs.1000/- with certificate of Appreciation	InSPA Educational Excellence Award This prestigious award is conferred on an educational Institution for its remarkable services to the field of School Psychology. The award has been instituted in collaboration with Gujarat Law Society, Ahmadabad.	
3.	Cash Award Rs.1000/- With certificate of Appreciation	ISPA-InSPA Leadership Award This award is conferred on an individual for his/her remarkable leadership services to the field of School Psychology. The award has been instituted by Prof. Janet Muscutt, Secretary, ISPA, United Kingdom.	
4.	Cash Award Rs.1000/- With certificate of Appreciation	InSPA School Psychology Services Award This is bestowed on an individual for his/her remarkable School Psychology services. The award has been instituted with the honour of Indian Institute of School Psychology Research and Training.	InSPA 
5.	Cash Award Rs.500/- With certificate of Appreciation	InSPA - P. K. Subbaraja Trust Best Performance Award for 10 InSPA members This prestigious award is given to those who have contributed extraordinarily for the promotion of School Psychology services. The award has been instituted by the P.K. Subbaraja Trust, Rajapalayam, Tamil Nadu.	Shri. P. Venkatarama Raja 
6.	Cash Award Rs.1000/- With certificate of Appreciation	Dr. Barbara Hanfstingl - InSPA Best Paper Award This award is given annually to the best research paper submitted for presentation in the InSPA annual conference. This award is instituted by Dr. Barbara Hanfstingl. The best paper(s) will be selected by Dr. Barbara Hanfstingl (Chairperson) and the two nominees of InSPA (Members) based on the conference abstract/ papers submitted for presentation.	
7.	Cash Award Rs.1000/- With certificate of Appreciation	Prof. Manju Thakur Leadership Award for School Teacher This is bestowed on an individual for his/her remarkable School Psychology services in schools. The award has been instituted by Prof. G.P. Thakur, Former President, InSPA, New Delhi.	
8.	Cash Award Rs.1000/- With certificate of Appreciation	Prof. Erika Voigt Young Scientist Award in School Psychology for PhD Research Scholar This is bestowed on an individual PhD/MPhil Research scholar for his/her remarkable School Psychology research work/publication/field work. The award has been instituted by Prof. Erika Voigt, School Psychologist, Germany.	
9.	Cash Award Rs.1000/- With certificate of Appreciation	Shri. P. Panchalan – InSPA Best Paper Award This is bestowed on a best paper published in the book/journal of the Indian School Psychology Association. The award has been instituted by Dr. Panch. Ramalingam, President, InSPA in memory of his father. A three-member committee consisting of one Governing Council member of the InSPA, Dr. Panch. Ramalingam or his nominee and a member nominated by the Governing Council of InSPA will select the suitable paper of the year for the award.	

10.	Cash Award Rs.1000/- With certificate of Appreciation	Shri. P. A. Sharma Best School Psychology Trainer Award This is bestowed on an individual best trainer of the School Psychology. The award has been instituted by Prof. Kiran Devendra, New Delhi in memory of her father.	
11.	Cash Award Rs.1000/- With certificate of Appreciation	School Psychology Award for Best School This is bestowed on a best school in India who practices school psychology services. The award has been instituted by Prof. Kiran Devendra, New Delhi in memory of her husband.	
12.	Cash Award Rs.5000/- With certificate of Appreciation	Dr. D. Rajendran Best School Counsellor Award This is a new award instituted by Dr. D. Rajendran , Joint Director of School Education (Retd), Chennai to encourage school counsellors in India. This award carries cash Rs.5000/- and certificate of appreciation.	

InSPA Competitions for Students

13.	Cash Award	Prof. S. Sultan Akhtar National Champion Award for PG Students This is a new award instituted by Mr. Syed Kamran Abbas , Aligarh, Uttar Pradesh. Essay Competition (PG Level): InSPA proposes a School Psychology National Level Essay Competition for Postgraduate students present their psychology skills. Rules and Regulations: Students can directly register for the competition. Registration opens on 1.8.2021 and closes by 18.8.2021. Google form link is Theme: "Impact of COVID19 Pandemic in India" An essay of less than 3000 words in original neatly typed in MS Word can be made PDF to send. Prizes: First Prize: Rs.3000, Second Prize: Rs.2000.	 
14.	Cash Award	Prof. K.V. Kaliappan National Champion Award for UG Students This is a new award instituted by Dr. Navin Patel , Ahmedabad, Gujarat Poster Competition (UG Level): InSPA proposes a School Psychology National Level Poster Competition for Undergraduate students present their psychology skills. Rules and Regulations: Students can directly register for the completion. Registration opens on 17.8.2021 and closes by 31.8.2021. The submaster link is The competition will be held on 30.9.2020. Details of the guidelines are available at www.inspa.org Theme: "COVID 19: Challenges and advacnements Uplooaded" A poster in multi-colours (size 20 x30) in A4 Size jpg or pdf can be sent by email. Prizes: First Prize: Rs.3000, Second Prize: Rs.2000, Third Prize: Rs.1000 Contact for further details,if any: Dr. Kalyani Kenneth, National Coordinator, Madras School of Social Work, Chennai.	 
15.	Cash Award	Prof. Walter Renner National Champion Award for School Students This is a new award instituted by Dr. Ratna Natarajan , Thiruppathur, Tamil Nadu. Quiz Competition (School Level): InSPA proposes a School Psychology National Level Quiz competition for 11th and 12th standard students, enabling their psychology skills. Rules and Regulations: Students can directly register for the completion. Registration opens on 1.9.2020 and closes by 15.9.2021. Registration can be done at The quiz competition link will be sent to the eligible students on 22.9.2021 Quiz: The questions will be asked from 11th and 12th standard Psychology text books. Prizes: First Prize: Rs.3000, Second Prize: Rs.2000 The Conference will be conducted on 25.9.2021 at 10.20 a.m.v	 

Reports of the State Conveners 2020 – 21

Reported by : Dr. Zokaitluangi and Dr. Suneetha Hangal

SI No	Name of Sate Convener and activities
1	<p>Name of Convener: Dr Bency Joy,</p> <p>Name of State: Andaman and Nicobar Islands</p> <p>Activities: Being Covid victim not able to perform</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plans for the years</p>
2	<p>Name of Convener: Dr. N.V.S. Suryanarayana, Vizianagaram,</p> <p>Name of State : Andhra Pradesh</p> <p>Activities: Attended all InSPA meetings attended Conducted online quiz competition for students Actively involved online counseling during Covid19 and career opportunity</p> <p>Plan for 2 years: To enroll more new InSPA members To organize training session on life skill and learning disabilities for teachers To introduce School Psychology at PG and Ph D To host next InSPA Conference at Central Tribal University of AP or Adikavi Nanya University, Rajahmundry, AP</p>
3	<p>Name of Convener: Dr. Sabiha Alam Choudhury</p> <p>Name of State: Assam</p> <p>Activities: Attended almost all InSPA meetings Conducted School InSPA awareness workshop for teachers, students and stakeholders on capacity building, mental health law, building resilience of Sipajhar, Tapesia, Sonapur within Assam state Research students participated in the competition of the 10th Inspa conference and won prizes too. Actively involved in online counseling with series session on during Covid19 through helpline Dhara</p> <p>Plan for 2 years: To motivate to enroll more new InSPA member To organize training awareness programme for schools To introduce School Psychology To conduct research on School psychology</p>
4	<p>Name of Convener: Dr. Manoj Kumar, Name of State: Bihar</p> <p>Activities: Attended 3 InSPA meetings</p> <p>Plan for 2 years: To enroll more new InSPA member To conduct workshops as per InSPA guidelines</p>

5	<p>Name of Convener: Dr. Sneha Bansal, Name of State: Chandigarh</p> <p>Activities: Attended all InSPA meetings Monitored 10th InSPA International Conference Conducted workshops on Learning Disability and Special Education for teachers.</p> <p>Plan for 2 years: To enroll more new InSPA members To conduct orientation/workshop/seminar for teachers</p>
6	<p>Name of Convener: Dr. Janet Fernandes e Dsouza,</p> <p>Name of State: Goa</p> <p>Activities: Attended all InSPA meetings Conducted webinars on mental health and resilience during Covid 19, Goal directed behaviours in Achievement, Addictive behaviour Dependence and Abstinence, Stress Management, How to crack Project Viva voce</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plan for the years</p>
7	<p>Name of Convener: Dr. Madhu Anand,</p> <p>Name of State: Haryana</p> <p>Activities: Enrolled InSPA new members Attended all InSPA meetings attended Conducted interactive session with school children Conducted counselling during Covid19</p> <p>Plan for 2 years: To enroll more new InSPA members To conduct workshop/seminar on post covid19 To initiate all InSPA plan for the years</p>
8	<p>Name of Convener: Dr Anita Chauhan,</p> <p>Name of State: Himachal Pradesh</p> <p>Activities: Attended InSPA meetings Conducted one state level webinar on managing emotional issues conducted</p> <p>Plan for 2 years: To enroll more new InSPA members To conduct workshop/seminar/counselling on School Psychology</p>
9	<p>Name of Convener: Prof. Nighat Basu,</p> <p>Name of State: Jammu and Kashmir</p> <p>Activities: Enrolled 7 InSPA new members Attended all InSPA meetings Organized 4 Workshops on Life skills and mental health Actively involved in all InSPA as Resource person, convener</p>

	<p>Established collaborations with Director of School Education, Commissioner Secretary of Education.</p> <p>Plan for 2 years: To enroll more new InSPA members Adoption of area with low literacy rate To conduct awareness campaign through print and electronic media among teachers To organize collaborative national workshop with involvement of DIETS of the valley To initiate all InSPA plan for the years</p>
10	<p>Name of Convener: Dr. Sadique Razaque , Name of State: Jharkhand Activities: Almost all InSPA meetings attended Plan for 2 years: To enroll more new Inspa members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plan for the years</p>
11	<p>Name of Convener: Dr. Jayasankara Reddy, K, Name of State: Karnataka Activities: Attended all InSPA meetings. Conducted three workshops. Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plan for the years</p>
12	<p>Name of Convener: Dr. Baby Shari, Name of State: Kerala Activities: Attached 3 InSPA meetings. Conducted 7 programmes: Parental guidance, online counseling, suicide prevention, learnt to learnt and how to face exam fear InSPA is included in all departmental activities</p>
13	<p>Name of Convener: Dr. Reena Singh, Name of State: Madhya Pradesh Activities: Attended 4 InSPA meetings attended Conducted International Workshop on counseling conducted for 11000 participants Students participated in all the competitions of InSPA, won prizes Conducted online counseling on career opportunities for various students Conducted online counseling for various missionary schools in collaboration with Archdiocese of Bhopal and Jagran Lokcity Plan for 2 years: To enroll more new InSPA members To conduct training on Life Skills for teachers To introduce School Psychology for Ph D Planning to host next InSPA Conference at Bhopal, MP</p>

14	<p>Name of Convener: Dr. Priscilla Paul ,</p> <p>Name of State: Maharastra</p> <p>Activities: Enrolled InSPA new members (not much done due to covid19 SOP) Attended all InSPA meetings. Conducted one workshop on role of teachers in enhancing the emotional well-being of students.</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar on various modules of InSPA</p>
15	<p>Name of Convener: Dr. Asem Babina , Name of State: Manipur</p> <p>Activities: Enrolled InSPA new members</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all Inspa plan for the years</p>
16	<p>Name of Convener: Dr Zebalda Restia, Name of State: Meghalaya</p> <p>Activities: Enrolled 8 InSPA new members Attended 4 InSPA meetings Successfully conducted webinar on counselling Contacted College and University teachers for conduction of workshop.</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plan for the years</p>
17	<p>Name of Convener: Dr. Rinpari Ralte, Name of State: Mizoram</p> <p>Activities: Organized two days online workshop organized for Higher school lecturers, (128). Two days International workshop organized for secondary school teachers of Mizoram with 269 participants Organised International workshop for Elementary School teachers of Mizoram(400 teachers). Monitored online 10th InSPA International Conference School education Department of the state of Mizoram also received award</p> <p>Plan for 2 years: To enroll more new InSPA member To conduct workshop for Higher and Higher secondary teachers, of Aizawl District To organize more session with special school are needy persons To make arrangement of counseling session for parents</p>

18	<p>Name of Convener: Dr Temsusenla Jamir, Name of State: Nagaland</p> <p>Activities: Inspa meetings attended</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers on mental health and wellbeing, counseling skills and guidance, effective class room, identification of children with special need, effective communication and discipline in classroom, holistic skills To collaborate with SCERT Nagaland in upcoming programmes To initiate all InSPA plan for the years.</p>
19	<p>Name of Convener: Dr. Munnoo Khan, Name of State: Delhi</p> <p>Activities: Attended InSPA meetings Actively working for InSPA Journal registration to RNI</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings</p>
20	<p>Name of Convener: Prof. A. Shahin Sultana, Name of State: Puducherry</p> <p>Activities: Actively disseminating InSPA information to other Attended 3 meetings of InSPA Actively involved as resource person in InSPA programmes</p> <p>Plan for 2 years: To attend all InSPA Meetings To disseminating InSPA information to other teachers To initiate research on School Psychology To strengthen School Psychology which was included in the MSW Syllabus To propagate the need of School Psychology To initiate workshop / counseling for teacher of Educational institutions To initiate international collaboration in InSPA programmes</p>
21	<p>Name of Convener: Dr. Jagpreet Kaur, Name of State: Punjab</p> <p>Activities: Attended almost all InSPA meetings Conducted School workshop for teachers of Delhi, Punjab, Haryana and HP Research students participated in the 10th InSPA conference Actively involved in series of online counseling session on Life skills Completed one Ph D research on School Psychology and Life skills</p> <p>Plan for 2 years: To motivate for more enrollment of new InSPA membership. To organize training programme and counseling session on School Psychology, Life skills for teachers and student in collaboration with Government Punjab School Education Board To conduct research on School Psychology and Life skills To organize counselling on life skills for student during new normal transition</p>
22	<p>Name of Convener: Dr. Satyananda Panda, Name of State: Sikkim</p> <p>Activities: Attended 3 InSPA meetings.</p> <p>Plan for 2 years: To enroll more new InSPA member To conduct one online webinar and two workshops</p>

23	<p>Name of Convener: Prof. S. Thenmozhi, Name of State: Tamil Nadu</p> <p>Activities: Attended 4 InSPA meetings Successfully conducted Webinar on counselling.</p> <p>Plan for 2 years:To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plan for the years</p>
24	<p>Name of Convener: Dr. V. Ramachandram, Name of State: Telangana</p> <p>Activities: All InSPA meetings attended Actively participated in all InSPA events</p> <p>Plan for 2 years: To enroll more new InSPA members To attend InSPA Meetings To conduct workshop/seminar for teachers To initiate all InSPA plan for the years</p>
25	<p>Name of Convener: Dr. Deepa Ghosh , Name of State: Tripura</p> <p>Activities: Enrolled 11 InSPA new members Attended all InSPA meetings Contacted government official for conduction of workshop/seminars.</p> <p>Plan for 2 years: To enroll more new InSPA members To conduct workshop/seminar for teachers To introduce School Psychology at PG level To initiate all InSPA plan for the years</p>
26	<p>Name of Convener: Dr. Debbulal Dutta Roy, Name of State: West Bengal</p> <p>Activities: Attended 10 InSPA meetings. Organized 5 Programmes</p> <p>Plan for 2 years: To write book on School Psychology in Bengali To introduce course in School Psychology To develop research methodology for School Psychology</p>

InSPA Adolescent Education Programme

Reported By

Prof. Dr. Rajendra Singh

Team Leader, AEP, State Convenor, InSPA Uttar Pradesh,
Prof. & Head, Department of Community Medicine,
Govt.SDJH Medical College, Azamgarh 276128,UP.

Indian school psychology Association Uttar Pradesh, under the dynamic leadership of Professor Doctor Rajendra Singh has targeted to cover 100 schools under 'Adolescent Education Programme'. It is the orientation program for school going children covering physical, mental, psychological emotional, social changes during this period of life which is the transitional phase of life with lot of turmoil in Brain. During December 2020 we have completed 65 schools and oriented around 7500 students and 650 Teachers. In spite of CORONA Pandemic we

have tried with due precaution. Even out of School Adolescents were covered under the program by approaching at career coaching & Employment coaching institutes. School going children in the age group of 9 to 19 have been oriented regarding their physical, psychological, emotional development during this Golden period of life. They have been taught about their Body Image, Thought Management, Anger Management, Life Skills, Study Skills, Memory Boosting Exercises and Career Guidance. We have target of covering around

hundred schools in the Uttar Pradesh till June 2021.

We have a team of experts with us many of them are members of Indian School Psychology Association. The team is using various strategies like- Didactic method, Playway method, Cross Group Interaction, Focus Group discussion during our workshops and orientation programme. Interactive exercises like- Body mapping, self-image, Good touch bad touch also conducted during workshops. The list of schools covered during July 2020 to April 2021 is attached here with complete details of name of this school, location map, contact number of the Principal, number of students attended the program, number of teachers attended and their feedbacks.

In the month of March 2021, two members team of InSPA Uttar Pradesh Shri Rakesh Pandey, Sri DP Pandey, Advocate, started from Azamgarh to Hyderabad as "KOSHISH YATRA" (EFFORTS) to create awareness among masses regarding various issues like-

Key Elements of AEP-

- Process of Growing up
- Developing an Identity.

- Managing Emotions.
- Building Relationships.
- Resisting Peer-Pressure.
- Gender disparities / gender equality
- Child Marriage / Women and Child development
- Preserving Good Health (Physical, Social, and Mental Health)
- Sex Education & Prevention of HIV/AIDS.
- Substance-Abuse (Drugs/Alcohol)
- CHILD ABUSE & exploitation During this Journey WE covered- 4 states
- * 66 Schools
- * 13790 Students
- * 749 Teachers

An initiative to educate Indian Adolescents by InSPA UP, Department of Community Medicine, Government SDJH Medical College and Hospital, Azamgarh, VIKALP-Health, Education, Research Foundation Trust, Anika Educational and Welfare Trust (Azamgarh) and Rahul Sanskratayan Janpustkalay, Kanaila, Azamgarh.

International Collaborations

Dr. Panch. Ramalingam

President, InSPA

The InSPA is affiliated with International School Psychology Association (ISPA), and Asia Pacific School Psychology Association (APSPA), Malaysia. This year our members have participated in several events online.

Many of our members have participated in the 2nd Asia Pacific School Psychology Association International Conference conducted with the collaboration of AIMST University, Malaysia on 20 – 21 March 2021.

ISPA International Networking Series: Webinar 4: The Impact of COVID19 on School Psychology around the World

School Psychologists Self Care: Special Reference to Asia Pacific Region

28th March 2021 by Zoom Meeting

Dr. Panch. Ramalingam, Associate Professor
UGC-Human Resource Development Centre
Pondicherry University, India

The International School Psychology Association (ISPA) has conducted the ISPA International Networking Series: Webinar 4: The Impact of COVID19 on School Psychology around the World on the theme School Psychologists Self Care: Special Reference to Asia Pacific Region was presented by Dr. Panch. Ramalingam, Associate Professor, UGC-Human Resource Development Centre Pondicherry University, India. It was held on 28th March 2021 by Zoom Meeting. Prof. William Bill Phofl, USA, Monica, and Dr. Mark, ISPA Global Networking Forum have organized the meeting.

Abstract: Self – care of the school psychology professional is important to work in the COVID19 pandemic. It is a multi-faceted concept, encompasses a balanced approach to maintaining physical, mental, emotional, spiritual, social, and occupational health and wellness (Jessica Dirsmith, 2020). COVID19 pandemic created an uncertainty in the daily functioning of the school counsellors and school psychologists in the Asia Pacific region. Most

countries Schools shut down and parents are in stress especially those who are working in the non-governmental sector. The school psychologists are focusing online counselling as well as using online assessments. Some of them not taking care of themselves and hence this presentation is essential to discuss self-care issues of the professionals in the Asia Pacific region. The pertinent issues of concern about self-care of the school psychologists with special reference to Asia Pacific region focusing India, Malaysia, Bangladesh, and Sri Lanka. Utilizing self-care and related healthy habits and coping strategies can benefit school psychologists when faced with everyday challenges as well as more

significant stressors. It is well established that helping professionals including school psychologists are at risk for compassion fatigue (Figley, 2002) and are at a greater risk of depression, emotional exhaustion, and anxiety (Radeke & Mahoney, 2000; Shapiro, Brown, & Biegel, 2007). By understanding the nature of these aspects will be useful to school psychologists to take care of their self-care during COVID19. In addition, some examples of each country will also be discussed during the presentation. Hope this will help our school psychologists in Asia Pacific region to understand the importance of self-care measures in particular and others in general.

Indian School Psychology Association (InSPA)

National Council Virtual Meeting

Minutes of the 3rd National Council Virtual Meeting of the InSPA held on Saturday 16th January, 2021 at 4.00 pm by Google Meet. Dr. Panch. Ramalingam, President, InSPA chaired the meeting.

Members Present: 27

The President, InSPA welcomed the members present and gave brief Introduction.

The following items were considered and approved:

01/2021 To confirm the minutes of the last meeting which was held on 28.11.2020

Confirmed and noted (Annexure 1)

02/2021 To discuss about the Performance Report of the State Conveners and National Coordinators.

Dr. Zokaitluangi, Secretary, InSPA presented the reports of the state conveners and noted (Annexure 2).

03/2021 To consider participating in the 2nd APSPA International Conference in 2021

Resolved to participate in large numbers in the 2nd APSPA International Conference to be held on 20 – 21 March 2021

04/2021 To consider nominating board of members for InSPA Journal of Applied and School Psychology

Approved in Annexure 3

05/2021 To consider draft action plan for 2021-22

Approved the action plan 2021 - 22 and to be placed in the next national council meeting for finalisation.

06/2021 To consider the 11th InSPA International Conference programme in detail

Approved the proposal of the 11th InSPA International Conference programme presented by Prof. S. Thenmozhi, Organising Secretary

07/2021 To issue missing certificates to the participants of the 10th InSPA virtual conference as well as participants of the competitions

Appreciated the active role played by Dr. Veena Vani for issuing the certificates of the conference and competitions.

08/2021 To consider online events for the year 2021-22

Resolved to request the state conveners to submit proposal before 31.3.2021 for inclusion in the Action plan 2021 - 22

09/2021 Any other item with the permission of the Chair

Dr. Zokaitluangi, Secretary proposed Vote of thanks.

Dr. Panch. Ramalingam
President, InSPA

To

All the Office Bearers, National Coordinators and State Conveners of InSPA

Indian School Psychology Association (InSPA)

4th Governing Council Meeting

Minutes of the 4th Governing Council Meeting of the InSPA held on Saturday 6th March 2021 at 4.00 pm by Google Meet. Dr. Panch. Ramalingam, President, InSPA chaired the meeting. At the outset, the President, InSPA welcomed and briefly mentioned recent activities of the InSPA.

Members Present: 30

10/2021 To confirm the minutes of the 3rd National Council meeting which was held on 16.01.2021

Confirmed the minutes and action taken on the minutes of the 5th NCM. Dr. Zokaitluangi, Secretary, InSPA presented the reports of the State Conveners about one year activities. Prof. Nighat Basu, State Convenir appreciated the InSPA office bearers for meticulous functioning of the InSPA. Noted and recorded (Annexure 1)

11/2021 To discuss about the Performance Report of the State Conveners and National Coordinators.

In continuation of the last meeting held on 16.1.2021, the following additional National Coordinators and replacement of State Conveners have been newly nominated for the period from 1st April 2021 to 31st March 2023.

SI No	National Coordinator	Subject
1	Prof. Nighat Basu	Life Skills Training
2	Prof. N.K. Saksena	Parent Counselling
3	Prof. Reena Singh	InSPA Book Project
4	Prof. S. Thenmozhi	Counselling Services
5	Dr. Manoj Kumar	Navodhya School Counselling

SI No	State Convenir	Name
1	Telangana	Dr. Madhukar Gampala
2	Kerala	Ms. Navneetha, K
3	Gujarat	Dr. Navin Patel
4	Haryana	Dr. Deepti Hooda
5	Odisha	Dr. Niranjana Sia
6	Chhattisgarh	Dr. Pratibha J. Mishra
7	Uttarakhand	Professor Shyam Lata Juyal
8	Nagaland	Dr. Temsusenla Jamir.
9	Manipur	Dr. Jitendra Kumar
10	Uttar Pradesh	Dr. Rajendra Singh
11	Bihar	Dr. Shakila Azim

12	Tamil Nadu	Dr. N.B. Veena Pillai
13	Rajasthan	Dr. Rajsree Tewari
14	Jammu and Kashmir	Dr. Mir Zafar Iqbal

12/2021 To consider participating in the 2nd APSPA International Conference in 2021

Resolved to participate in large number to the 2nd APSPA International Conference in 2021 by paying Rs.800/- as concessional registration fee in our InSPA account. The registered delegates will get one year issues (2020) APSPA International Journal of Asia Pacific School Psychology at free of cost.

13/2021 To consider draft action plan for 2021-22 and 2022-23

Considered and approved the action plan for 2021-22 in annexure 2

14/2021 To consider enrolling members for Asia Pacific School Psychology, Malaysia

Considered and approved to enrol members from India to Asia Pacific School Psychology Association by receiving Rs.1500/- annual membership and Rs.15,000/- as Life membership fee.

15/2021 To consider publication of School Psychology Book in different languages

Considered and unanimously authorised Dr. Panch. Ramalingam, author of the School Psychology Book to get it translated into Indian languages and get it published within three months.

16/2021 Any other item with the permission of the Chair

1. Considered and approved M/S ARK Auditors, Puducherry to audit the InSPA accounts 2020-21.
2. Considered and approved to deposit Rs.5,00,000/- as fixed deposit in the Indian Bank, Lawspet, Puducherry by merging the three One Lakh deposits.
3. Unanimously appreciated Prof. Ratna Natarajan, Thiruppathur for depositing Rs.18,000/- and Dr. Navin Patel, Ahmedabad for Rs.25,000/- for creation of awards in the InSPA

Dr. Zokaitluangi
Secretary, InSPA

Dr. Panch. Ramalingam
President, InSPA

To
All Office Bearers, National Coordinators and State Conveners of InSPA



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