

InSPA Newsletter



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First InSPA Governing Council Meeting



13th InSPA GBM



Release of Action Plan by Prof. Gurmeet Singh

**Welcome to International Webinar on Helping Children at Home:
Level 1: 02-03 July 2020, Level 2: 23-24 July 2020 &
Level 3: 04-05 Aug 2020**

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This issue highlights ...

• InSPA Anthem	02
• Helping Children at Home Dr. Panch. Ramalingam	03
• Editorial: A mile long journey starts with one single step – Sudha Gupta	05
• Reports of Online Workshops	08
• List of InSPA Counsellors	17
• Upcoming Events: Webinars/ Workshops	21
• 10 th InSPA International Conference	22
• List of New Members (June 2020)	29
• InSPA Awards	33
• InSPA Decisions	35
• List of InSPA Office Bearers	42
• InSPA Competitions	45

Use our Website www.inspa.org for Membership and Event Registration

**Welcome to
10th InSPA INTERNATIONAL CONFERENCE
07-09 NOVEMBER 2020**

InSPA Anthem

InSPA... InSPA... InSPA... InSPA...

In space and time, we shape the mind to make it pure and sure;

At school at home, at work at rest, we take care of the mind.

To teach the young to live the life the full bloom way it grows,

To guide the youth to strive the best to reap the grains of life.

InSPA... InSPA... InSPA... InSPA...

This Bharath has the legacy of the knowledge of the past,
The richest mine of ancient wisdom of the human mind,

India, as the leading power in studying modern psyche,
Engaged the empirical modes of western explorations.

InSPA... InSPA... InSPA... InSPA...

East and West, ancient and modern get embedded in InSPA,
Encapsulating human values shoring them for future.

Nature meeting nurture on the InSPA forums interface,
Exchanging views on how to fine-tune minds of kids, for tomorrow.

InSPA... InSPA... InSPA... InSPA...

Teacher, learner, parent, public explore minds of kids,
To find the latent, dormant skills and kindle them to fore,
InSPA leads research to find on how to cross the horizons
Of knowledge on the human psyche and its rich potentials.

InSPA... InSPA... InSPA... InSPA...

--Dr. P. Bhaskaran Nair

Indian School Psychology Association (InSPA)

Regd No. 583/2009

Vision

Assurance of easy accessibility of academic resources, development of skills for learning, mental health and well-being in all children.

Mission

The Indian School Psychology Association (InSPA) is a voluntary non-profit educational service Society that supports and advocates for school psychologists to provide professional training to have a positive impact on school systems to improve academic skills, social-emotional functioning, and mental health and well-being of all school children.

Core Values

Integrity: InSPA is committed to high standards, ethical principles, social justice, honesty, fairness, and treating others with dignity and respect.

Diversity: InSPA honours individual, cultural, and other contextual differences in our own interactions as they shape Child' development.

Collaboration: InSPA collaborates with other organizations, agencies, and others to develop common concern.

Excellence: InSPA promotes high standards of service delivery and resource deployment.

Concept of Helping Children at Home

Dr. Panch. Ramalingam

President, Asia Pacific School Psychology Association, Malaysia

President, Indian School Psychology Association

Asia Pacific School Psychology Association (APSPA), Malaysia is a voluntary service society visualising the importance of children at home during the COVID19 crisis. Globally more than 860 million children are at home; their schools are shut down and unexpected uncertainty in most of the countries. India is also in crisis, more than 150 million children are at home, and the teachers are engaging their classes through online using without having such earlier professional experience in online teaching. This is a new challenge for the teachers who were trained for chalk and talk teaching now shifting to technological advancement to use online teaching.

In view of the new exercise by the teachers, the students are not familiar and focussed on the listening of lectures. Students are curious to learn and get grades and teachers are forced to complete the task of teaching by the school management. No one is realised the issue of teaching learning process. Keeping in view of the prevailing scenario in the Asia Pacific region, the APSPA ventured to develop a model to cater to the needs of the children at home. The concept of **helping children at home** is designed to train the teachers and parents to understand the child's home environment and nature of learning situation. In order to train the teachers and parents the webinar is divided into three stages such as (i) Level 1 - Children at Kindergarten to 5th standard (primary level), (ii) Level 2 - Students of secondary education (6th to 10th standard), and (iii) Level 3 - students of higher secondary education (11th and 12th standard).

Based on the available resources the webinar is planned in three spells the level 1 will be conducted on 2-3 July 2020, level 2 will be held on 23-24 July 2020 and level 3 will be held on 4-5 August 2020. The programmes are designed to train the school counsellors, psychologists, teachers and parents of the Asia Pacific region.

Level 1: Learning Objectives

To understand

- developmental stages of the children (Jean Piaget)

- the basic skills of learning such as listening, speaking, reading and writing at home
- the concept of social emotional skills
- the memory skills
- the use of online teaching tools and its merit and demerits for the children
- the role of teachers and parents in helping children at home.

Level 2: Learning Objectives

To understand

- developmental stages of the early adolescence period
- the skills of learning such as language, mathematics, and science subjects at home
- the concept of critical thinking and emotional skills
- the memory skills
- the use of online teaching tools and its merit and demerits for the students
- the role of teachers and parents in helping students at home.
- the learning difficulties of the children

Level 3: Learning Objectives

To understand

- nature of adolescence
- the study skills at home
- the concept of Life skills (UNESCO)
- the memory and creativity techniques
- the use of online teaching tools and its merit and demerits for students
- the role of teachers and parents in helping the students at home.
- the potential strength and weakness of the student to help at home.

Hope that this will largely help our teachers and parents to understand the nature and scope of the helping children at home. The outcome of these webinars will help us to structure the modules to assist the required school counsellors, teachers and parents to make use of them.

Welcome to International Webinar on Helping Children at Home:



Level 1: 02 –0 3 July 2020, Level 2: 23-24 July 2020 & Level 3: 04-05 Aug 2020



School Counsellors, Teachers, Psychologists, Parents are invited to join this webinar by using WebEx and YouTube Streaming. We have made arrangements for 3000 participants.

Level I: Programme

First day: 10.00 am Inauguration by Prof. Gurmeet Singh, PU

Presidential Address: Prof. Mehraj Ud din Mir, CUK

11.00 am: Concept of Helping Children at Home K to V

Dr. Panch. Ramalingam

02.00 pm: Applying Games for Cognitive Development

Dr. Sarah Manickaraj and Dr. Vasantha Prabha, Chennai

4.00 pm Keynote Presentation by Barbara Hanfstingl,

Klakenfurt University

Second day

10.00 am: Developing Memory Skills

Prof. V.S.R. Vijayakumar, Chennai

11.00 am: Role of Teachers and Parents in fostering Resilience

Dr. Parvathy Varma, Bangkok

02.00 pm: Origami for Kids at Home

Dr. N. Gururajan, Puducherry

03.00 pm: Japan's Corona Countermeasures - Focusing on Children at Home

Dr. Michiko Ishikawa and Matsumoto, Tokoha University, Japan

03.30 pm Origami for Children - Tomoko Suzuki, Japan

04.00 pm Best Practices Presentation

Prof. N. Panchanatham, TNEU

05.00 pm Feedback and Valedictory address by

Prof. William Pfohl, Former President, ISPA, USA



Registration: InSPA/APSPA Members: Google form link has been sent by email. Non-Members can contact at inspaindia@gmail.com Contact us at apspa2019@gmail.com

Organised by Asia Pacific School Psychology Association, Malaysia in collaboration with Indian School Psychology Association and Supported by

- Pondicherry University, Puducherry
- Central University of Kashmir, Sri Nagar
- Rajiv Gandhi University, Arunachal Pradesh
- Tamil Nadu Teachers Education University, Chennai
- Punjabi University, Patiala



Technical Support by IEEE TEMS Madras Chapter

Editorial Desk

Hello Dear Readers,

It is really an honor to be the Editor of **InSPA** Newsletter starting July 2020, when schools start new session, except that year 2020 has brought an unprecedented challenge. We are in different boats, sailing through same storm.

Right now, it's important for us to maintain positive attitude towards everything we do. Time will pass but memories we create during this period, will remain etched forever in hearts and minds of people. A 12th century priest in Japan, Nichiren Daishonin said "*Winter always turns to spring*". Therefore, we can be sure of better times ahead.

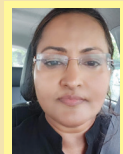
A heartfelt thanks to entire team in preparing this newsletter carrying reports of various webinars, training workshops, etc, list of Online Counselors, New Members and details of upcoming Events.

I hope that our **newsletter** can become a platform for our members to share their contributions, views, stories and experiences in school psychology and counselling children to benefit our readers and help transform lives of students.

Happy Reading!

Sudha Gupta

Editor, InSPA Newsletter



A Mile Long Journey Starts With One Single Step

Sudha Gupta, New Delhi

They say if you want to kill a tree, pour the poison into its roots. Even a mighty tree will collapse. Such is the vulnerability of human mind also. There are so many negative influences around us. Even adults are not able to save themselves, so we can imagine the risk faced by young children and adolescents

Teaching is what ploughs the soil of mind and education makes it fertile for tree of wisdom to grow in it.

Very impressionable, eagerly seeking to learn and grow, all children put their entire trust in the adults around them, whether parents or school teachers. What they become is entirely our responsibility. This belief makes me reach out to children who are future of their nation. My wish to contribute to healthy growth and development of children is what made me study Psychology and further learn about Counseling Children and Adolescents and eventually join School Psychologists Association so that I have a platform to work on with a clear focus and co-operation of like-minded colleagues.

Lockdown period provided much needed time to do groundwork and streamline various activities.

We started afresh by collecting data of all

the schools available in India, which are, as in 2019, more than 1.5 Million including Public and Private schools from Primary to Higher Secondary level with number of students that go higher than 242 Millions (as per data available on MHRD website)

This is with intention to come up with an adequate plan and proposal to provide Counselor Services to every student across India, filling the gaps of Student-Counselor ratio and providing Regular Online Counseling in areas where there is no counselor available in schools at present.

A mile long journey starts with one single step.

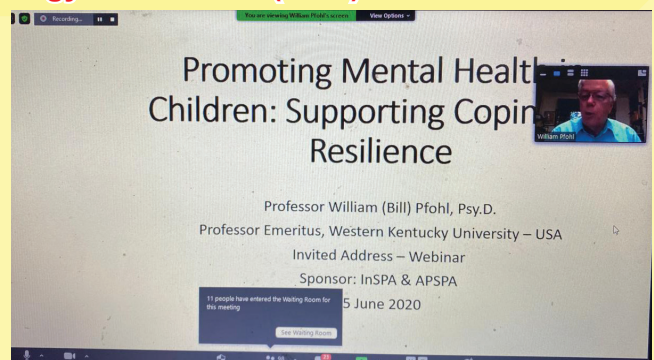
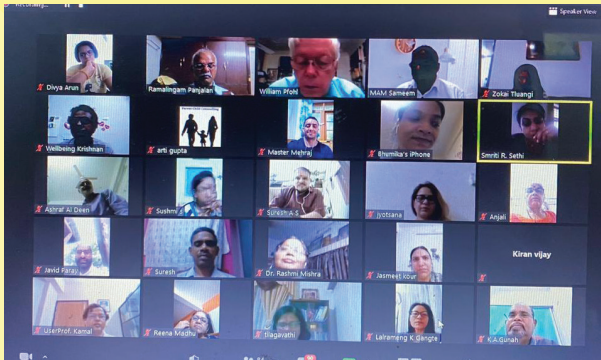
Inspa took that step a decade ago and since then one drop has become a stream of 732 members present across the length and breadth of the country. If we all continue to do our bit, this stream can become mighty river enriching the lives of children, at least those who are accessible to us through education sector and subsequently transform the society.

Society will be what we make of it and eventually we will have to live in it. So let us give it our all and give our best.

Promoting Mental Health in Children - Supporting Coping and Resilience: An International webinar

Lecture by Prof William Pfohl, Psy.D.

Professor Emeritus, Western Kentucky University Former President,
International School Psychology Association (ISPA)



InSPA held its monthly international webinar on 25th June 2020 which was attended by 120 participants. The feedback was so very encouraging that it calls for more such lectures in future and InSPA is considering making it regular event

The lecture was a joint venture of Asia Pacific School Psychology Association, Malaysia. Dr. Panch. Ramalingam, President, InSPA and APSPA chaired and welcomed the speaker. The lecture was very thought provoking as it again reminded of the Mental Health & Child education situation in India. About 20% of school going age children are not going to school. Girl Child situation in particular is worrying with 39% of girls over 15yrs struggle to read and write. 53% of children drop out at elementary school. Even those who are attending schools, 25.4% of grade 8 students cannot read what is expected of children of grade 2

Not only education scenario is poor, even more troubling is the WHO data about Mental health among children in India which indicates 22.9% of children individuals between age of 10-23 have mental health issue, i.e. one quarter of the children and young adult population and Suicide rate very high among adolescents

'Mental health is crucial for welfare of society and nation and can't be achieved without support of all stakeholder i.e. political (by way of adequate policy & budgeting), social (parents, teachers, community members) and Health sector (psychologists, counselors, doctors etc)

As the saying goes, "A Stitch in time saves Nine". We can never over-emphasize need for prevention of any health issues, physical as well as mental. The *price of treatment to society is far higher* than cost of investing in preventive measures. These issues can be prevented if timely interventions are made. All a child needs is "One caring adult" who can be anyone, a parent, relative, teacher or a counselor and fulfill child's need for Affection, Appreciation and Achievement and that will help make child resilient.

Resilience is a process that entails positive

coping and successful developmental outcomes in spite of the presence of adverse conditions.

Many people think we are born resilient including children. However, This is just a myth. *Resilience involves behavior, thoughts and actions*, that can be learned and developed, such as, capacity to make realistic plans and carry them out, positive view of self, confidence in one's abilities, communication skills, problem solving skills, capacity to manage strong feelings and impulses (Emotional regulation) and to not to be overwhelmed by problems. *A child needs support to learn these skills*

A resilient child also becomes successful adult, with positive social orientation, self concept and self esteem whose focus is oriented towards achievement and community engagement.

Role of Schools

Schools can raise resilient children, by *preventing or reducing risks*. They must provide place for warm and caring relationships with adults, foster a sense of belonging, promote high academic and personal efficacy, satisfying peer relationships, self-control, goal setting and decision-making.

Further develop resilience through creating safe environment based on supportive youth policies, which *promote academic competence* and through stronger *family-school partnership*. This is all the more needed for those *children who are at higher risk* due to poverty, parental separation, children with any kind of mental illness or disability, pre-existing trauma, isolation, displacement due to war or natural calamity, lack of resources and access to basic needs, using substance, violence and abuse etc

Towards this, schools must have a properly functioning system to implement adequate *school and national policies*, and carry out all activities, such as Monitoring, Resource development and Diagnosis & treatment of mental health issues and most important training of teachers and counselors.

For further reading, please find references below:

National Association of School Psychologists.
www.nasponnline.org

The National Child Traumatic Stress Network
www.nctsn.org

Psychological First Aid – (Wong) Listen, Protect, Connect – www.ready.gov

TF-CBT - Trauma Focused Cognitive Behavior Therapy

Bounce Back - <https://bouncebackprogram.org>

40 Developmental Assets (strength based)
www.search-institute.com

www.Stopbullying.gov

Journal - Psychology in the Schools (Special Issue)
 Resilience in Schools v48(7), p. 649-765

Adelman, H. & Taylor, L. School Mental Health Project
<http://smhp.psych.ucla.edu>

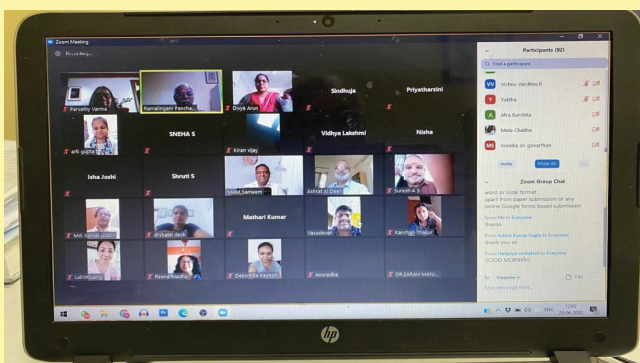
Webinar on Behavioural Management of Children with Special Needs

In collaboration with InSPA, SDS Academy of Behavioural Sciences, conducted an online webinar on Behavioural Management of Children with Special Needs for 3 hours on 30th May 2020. Due to the prevailing circumstances and lockdown in India, the school regular activities and trainings for children with special needs have been curbed. At this stage, addressing the behavioural aspects of children, home bound training activities and empowering the parents with the right techniques to train these children is critical. In this regard, both the Organizations, InSPA and SDS Academy of Behavioural Sciences,

under the leadership of Dr. Panch Ramalingam and Dr. T. Santhanam respectively organized this webinar to address the above mentioned aspects. Dr. T. Santhanam, Rehabilitation Psychologist, Dr. Lalitha Subramanian, Clinical Psychologist and Sruthi Sridharan, Psychologist were the speakers of the session. Behavioural Manifestation of Emotions, increasing desirable behaviours and decreasing undesirable behaviours were the key aspects of the session. An overwhelming participation of 70 participants were recorded and observed.

Webinar on School Psychology in the Indian Context by Dr. Panch. Ramalingam

Report by MAM Sameem, President, Sri Lanka School Psychology Association, Sri Lanka



Asia Pacific School Psychology Association (APSPA) Jointly organized a webinar with the Department of Psychology, Ethiraj College for Women, Chennai and Indian School Psychology Association on **“School Psychology in the Indian context”** on 25.06.2020 at 11.00 am.

There were 365 faculty members and students of Ethiraj College for Women, Chennai and InSPA and APSPA members registered for the webinar. Around 100 participants joined on Zoom Cloud and the webinar was live streamed on YouTube due to high demand for the program. There were many International participant including APSPA members dignified the event. Prof. Panch Ramalingam President, InSPA

and APSPA Malaysia was the Guest Speaker of the webinar.

He had clearly presented the vision, mission and evolution of the InSPA, APSPA, other sister organizations and the activities including the curriculum of school psychology and the training modules.

It was an excellent presentation and well received by all the participants. During his presentation he clearly distinguished School Psychology with Educational Psychology, and Clinical Psychology.

He portrayed the present Indian schools’ systems and the importance of strengthening the school psychology in Indian context. He also clearly defined the role of school psychologists and their responsibilities. He shared his personal experiences in the field of psychology, the importance of School Psychology in the Indian context It was an outstanding webinar which was welcomed by all the participants and received tremendous feedback.

Dr. Ramya, Head, Department of Psychology, Ethiraj College for Women, Chennai chaired the session and Dr. K. Jayanthi Rani delivered the vote of thanks. Prof. Kamaluddin, University of Dhaka, Col. Ashraf, Dhaka and others intracted during the session and MAM Sameem delivered the concluding remarks.

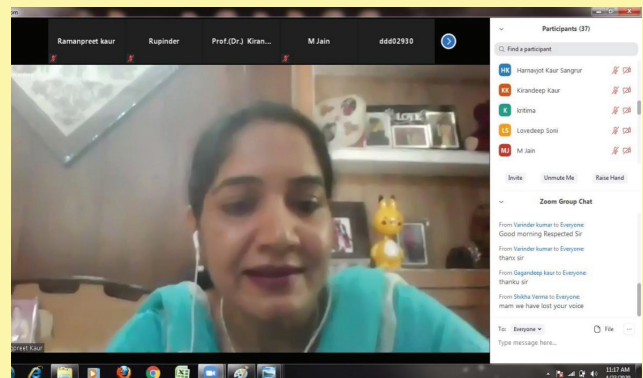
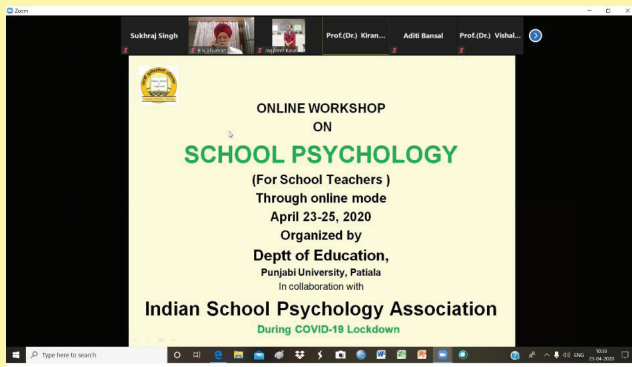
“ONLINE WORKSHOP ON SCHOOL PSYCHOLOGY FOR SCHOOL TEACHERS”

April 23-25, 2020

Dr. Jagpreet Kaur, Punjabi University, Patiala

There is a pertinent need for the school teachers in India to understand the basic concepts of School Psychology and get the proper training based on the guidelines. Hence, a dire need was felt for teaching and training programs in School Psychology and to propagate the need and importance of School Psychology especially among school teachers. As Educational Institutes across the country are closed due to the corona virus outbreak, it is the need of the hour to apprise teachers of the conceptual framework of school psychology in this challenging time. It was thought worthwhile to make use of this lockdown period to train teachers about school psychology and the related concepts using online platform.

and the participants of the workshop. She introduced the theme and objectives of this workshop to the participants and helped them to successfully join the zoom meeting.



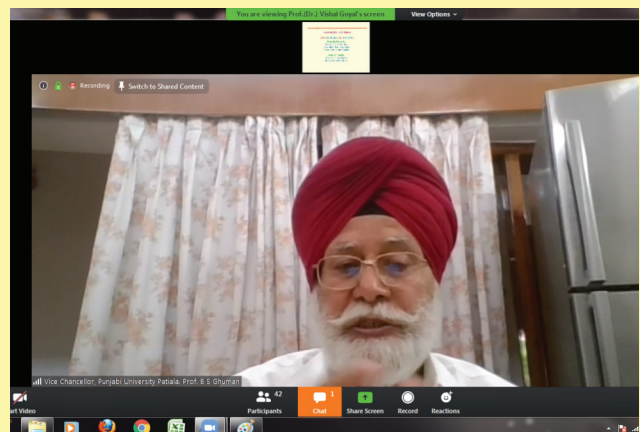
After that **Dr Kirandeep Kaur, Professor and Head, Deptt of Education and Community service, Punjabi University, Patiala** welcomed the participants and provided them valuable information about the mental health as well as positive psychology. Further, she explained the significance of this workshop and the role of teachers in maintaining well-being of pupils.

In the inaugural address, **Prof (Dr) B.S.Ghuman, Vice Chancellor, Punjabi University, Patiala** apprised of the present COVID 19 situation that people all over the world are going through pain, anxiety and psychological pressure. So its the need of the hour to discover, organize and implement the requisite techniques to overcome this anxiety in the society. He said that the outcome of the workshop should be the well equipped teachers who are can be

With this background in mind, a Three Days Online Workshop on School Psychology was organized by Department of Education and Community Service, Punjabi University, Patiala in collaboration with Indian School Psychology Association to facilitate interaction among school teachers, academia, practitioners and researchers on a single platform for knowledge sharing. More than 100 applications were received from the school teachers from Punjab, Delhi, Chandigarh and UP, out of which 55 were selected to participate in this workshop. Deliberations in this workshop on school psychology were on learning disability, life skills education, mental health and well being.

DAY:1 Session 1 (10:00-11:30 AM)

On the first day of the workshop, after registration of various teachers from Government and Private Schools of Punjab, Delhi, Chandigarh and Himachal Pradesh, **Dr Jagpreet Kaur (Co-ordinator of the workshop and State Convenor, Punjab Chapter of InSPA)** welcomed all the dignitaries

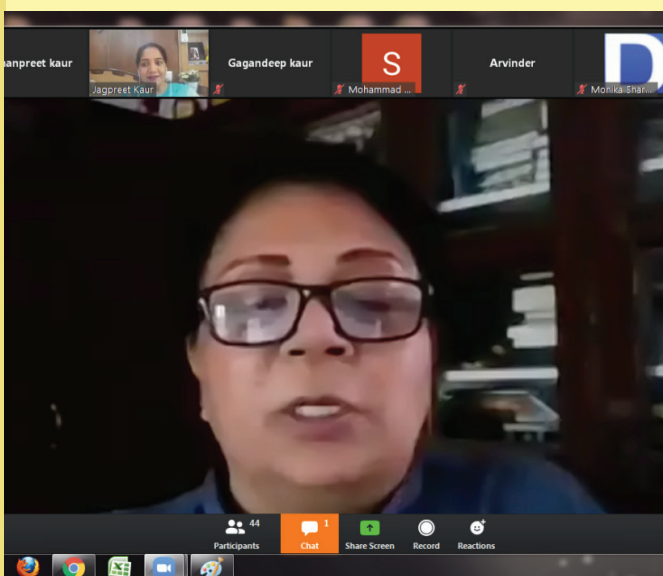


the torchbearers in this time with such techniques. He wished all teachers to come out trained in life skills to deal with the current situation and apply the learning to maintain psychological balance and mental health of the students and society.

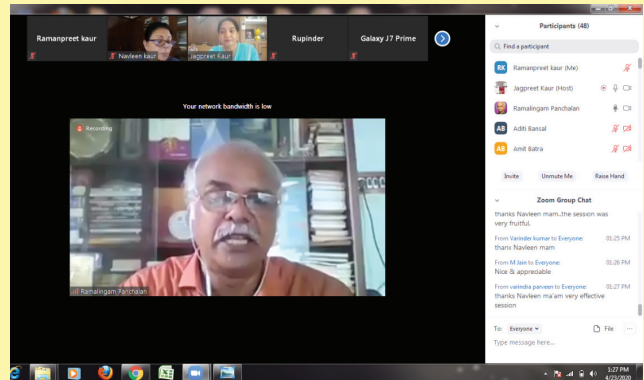
At the end of the inaugural session, a formal vote of thanks was proposed by **Prof G. S. Batra, Dean, Academic Affairs, Punjabi University, Patiala**. He thanked and appreciated the efforts of the Department of Education and Community Service to for taking this initiative in the lockdown period for educate school teachers with pertinent mental health issues. He also thanked Indian School Psychology Association's collaboration with the department in this endeavour.

DAY:1 Session 2 (12:00-1:30 PM)

In the second session, **Prof. (Dr) Navleen Kaur, Deptt of Community Education and Disability Studies, Panjab University, Chandigarh** was the resource person. Dr Navleen Kaur deliberated on the topic of learning disabilities. The session was very fruitful. She started her session with the concept of learning disability, different kind of learning disabilities and how to assess and diagnose correctly that a child is suffering from. Various disabilities identified and listed by the government were discussed in detail. Methods of dealing with such cases without affecting the rest of the class were also deliberated upon. Her way of interaction was very lively. She kept participants engaged with her fine examples from day to day life. Detailed discussion on new entries in the list of learning disabilities was also done like acid attack victims, deaf-blindness etc. She guided us through various scientific and technical points which helped us analyze the causes of such disabilities and symptoms so that teachers can handle such students in best way possible. Overall session was fruitful, interesting and informative.

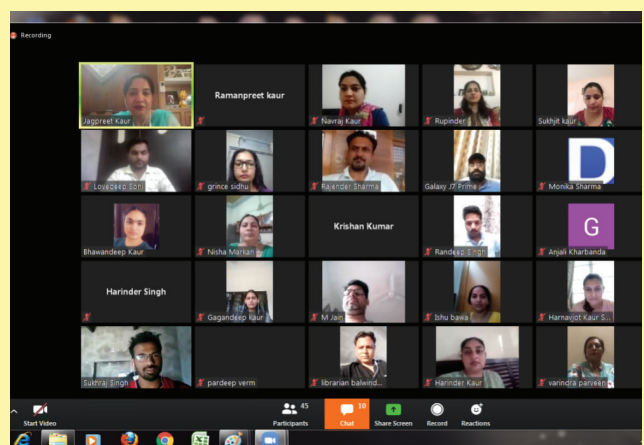


At the mid of this session, **Dr Panch Ramalingam, President, Indian School Psychology Association** joined the meeting. He congratulated all participants and conveyed his best wishes for the success of workshop. He also appreciated the efforts of the organizers for their great efforts.



DAY:1 Session 3 (3:00-4:30 PM)

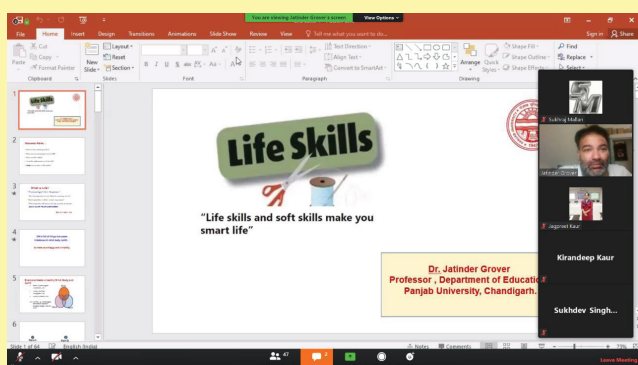
In the third session, Dr Navleen Kaur discussed various methods of assessment and intervention for learning disabilities. While talking about the strategies that can be followed in classrooms to assist children with learning difficulties, she emphasized on importance for teachers to use a variety of teaching styles and methods making more use of visuals like flashcards, diagrams, graphs etc., concrete material and practical demonstration. Prof. Kaur specifically mentioned that the LD child should not be expected to produce work beyond his/her current level. However, they should be able to acquire the requisite level of understanding. In the end, she cleared the doubts of the participants.



At the end of the session, Dr Jagpreet Kaur thanked the resource person for her efforts and sparing her valuable time for the session. She ended meeting with the message stays at home stay safe.

DAY:2 Session 1 (10:00-11:30 AM)

Prof. Jatinder Grover, Deptt of Education, Panjab University , Chandigarh was the resource person of second-day Workshop. At the start of the session, Dr Jagpreet Kaur, Coordinator of the workshop welcomed and introduced Prof Grover to the participants. He deliberated upon the concept of 'Life skills'. He started his lecture in a beautiful way explaining that Life Skills and Soft Skills are the ones that make our life smart. To understand Life Skills, the meaning of life needs to be understood which is happiness and true happiness comes when there is an appropriate balance between Mind, Body and Spirit which are interrelated and interconnected. This equilibrium helps us in reaching our goals by overcoming the obstacles that come in the form of stress, depression and anxiety.



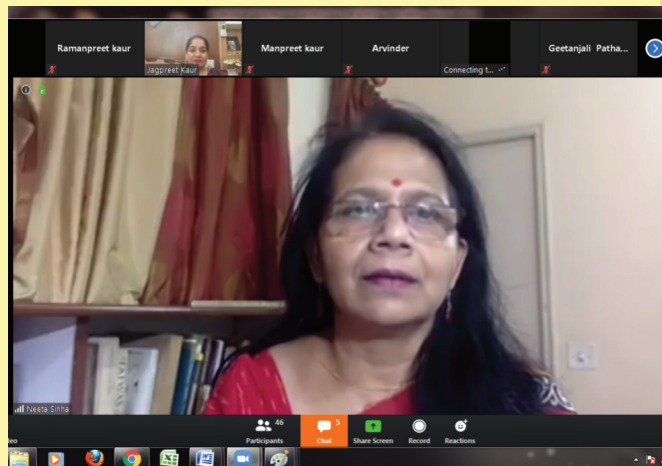
DAY:2 Session 2 (12:00-1:30 PM)

Prof Jatinder Grover in the second session focussed upon the concept of "Life Skills Education". He shared slides related the life skills education for teachers with many real life examples. He discussed the importance of life skills with a simple example of how to buy vegetables for the family. He explained all core life skills like creative thinking, interpersonal skills, coping with stress and emotions and communication skill very well. Further, Prof. Grover explained his concept with the help of different dialogues of 3 idiot movie. He correlated every critical situation of the movie with life skills beautifully. He shared many motivational thoughts like "Do work with passion and choice", "Passion leads to excellence", whatever you enjoy; make it your profession and so on. .At the end of the session, participants' queries were answered by Dr Grover. At the end of the session, Dr Jagpreet Kaur thanked him for his wonderful session.

DAY:2 Session 3 (3:00-4:30 PM)

The resource person for the third session of the second day was **Dr. Neeta Sinha, School of Liberal Studies, Pandit Deen Dyal Petroleum University, Gandhinagar**. She explained the concept of "inclusive education" and different elements of inclusive education. Moreover, she

explained the steps of inclusive education. At the end of the session, she answered all the queries of the participants with the help of good examples. At the end of the session, Dr Jagpreet Kaur thanked her for her valuable inputs in the workshop session.

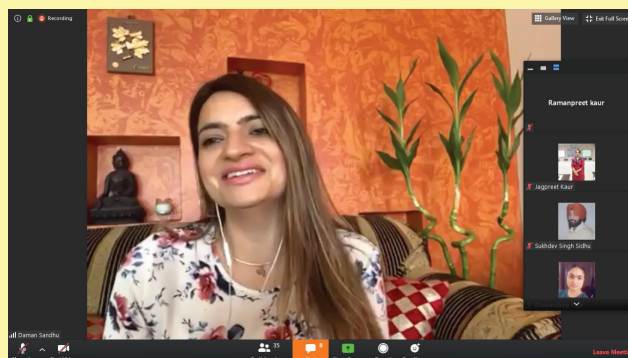


After answering queries of the participants, Dr Jagpreet Kaur ended meeting with requested to participants rejoin the next day.



DAY:3 Session 1 (10:00-11:30 AM)

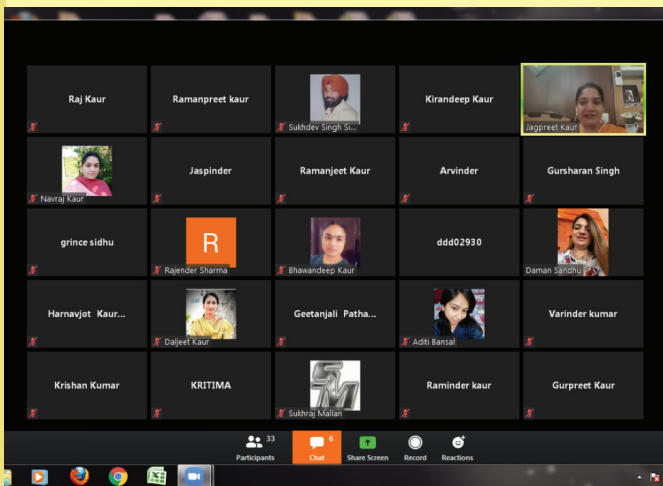
The resource person for the third day of the workshop was **Dr Damanjeet Sandhu, Associate Professor, Deptt of Psychology, Punjabi University, Patiala**. She gave her valuable inputs to introduce the school psychology and explained the importance of mental health and well being of the students espe-



cially in the adolescent period. She discussed, without mental health there is no health. She proposed that we need to be focused on the mental health of our students and changes our strategies to teach the student to encourage them in studies and as a teacher we have to very alert, conscious and always be ready to handle any kind of problem-related to the students because kids are always on the internet, using social media, watching videos and playing games. Dr Sandhu talked about the internalizing behavior problems as anxiety, depression, disturbance, sadness etc and externalizing behavior like anger, violence and rule breaking etc with the students. She advised that there should be strong relationship between teachers and students, parents and their children. She deliberately discussed various issues related to peer group, identity diffusion, adolescent's mind set, identity achievement status. At the end of first session she explained 4 L's i.e. Love, Laughter, Limits and Linkages that play the eminent role to build up the good behavior of the students. At the end of the session she cleared all doubts of the participants in the discussion mode.

DAY:3 Session 2 (12:00-1:30 PM)

In the second Session, Dr Damanjeet Sandhu rejoined the meeting and deliberated upon Mental health issues in the cyber world. She explained the concept of Cyber Bullying that takes place over digital devices like cell phones, computers, and tablets. Cyber Bullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Moreover, she provided information regarding how to prevent Cyber Bullying and what we should do if we face such type of problem. After answering the queries of participants, Dr Jagpreet Kaur thanked the resource person for providing valuable information to the participants.



DAY:3 Session 3 (3:00- 4:00 PM)

In the third session, **Dr Ajab Primuswala, Counselling Psychologist, Mahatma Gandhi International School, Ahmedabad** was the resource person. She explained Safe and friendly Schooling. Her way of explaining the content was very interesting with the help of real life examples. She explained whole content with the help of realistic examples. At the end of the session, she addressed the questions of the participants and Dr. Jagpreet Kaur thanked her for valuable inputs and sharing her experiences with the participants.

DAY:3 Session 4 (4:00- 4:30 PM)

The fourth and the last session of the third day of the workshop was the Valedictory Session which was successfully conducted by Dr Jagpreet Kaur. She congratulated all for their participation and successful completion of the workshop. The participants provided their positive and constructive feedback regarding the workshop. Some participants shared their experiences of the workshop and appreciated to Dr Jagpreet Kaur and Dr Kirandeep Kaur for their commendable efforts. Prof (Dr.) Kirandeep Kaur, Head, Deptt of Education and Community Service, Punjabi University, Patiala thanked all the participants for their enthusiasm and valuable participation in the workshop and making this workshop a success. In the end, Dr Jagpreet Kaur ended the meeting by giving the best wishes to participants.

ਪੀ.ਯੂ. ਵਿਖੇ 'ਸਕੂਲ ਮਨੋਵਿਗਿਆਨ' ਵਿਸ਼ੇ 'ਤੇ ਕਰਵਾਈ ਜਾ ਰਹੀ ਇਕ ਆਨਲਾਈਨ ਵਰਕਸ਼ਾਪ ਦਾ ਉਦਘਾਟਨ

ਪਟਿਆਲਾ, 23 ਅਪ੍ਰੈਲ ਆਨਲਾਈਨ ਵਿਖੇ ਰਾਹੀਂ ਅਜਿਹੀ ਲਾਭਦਾਇਕ ਸਾਬਤ ਹੋਵੇਗੀ। (ਚ.ਨ.ਸ.) : ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਹਿਲਕਦਮੀ ਕਰਨਾ ਬਹੁਤ ਹੀ ਮਾਨਸਿਕ ਤੌਰ 'ਤੇ ਅਤੇ ਦਬਾਅ ਤੋਂ ਪਟਿਆਲਾ ਦੇ ਵਾਈਸ ਚਾਂਸਲਰ ਡਾ. ਬੀ. ਐੱਸ. ਘੁੱਮਣ ਵੱਲੋਂ 'ਸਕੂਲ ਮਨੋਵਿਗਿਆਨ' ਵਿਸ਼ੇ 'ਤੇ ਕਰਵਾਈ ਜਾ ਰਹੀ ਇਕ ਆਨਲਾਈਨ ਵਰਕਸ਼ਾਪ ਦਾ ਉਦਘਾਟਨ ਕੀਤਾ ਗਿਆ। ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਸਿੱਖਿਆ ਅਤੇ ਸੁਮਦਾਇ ਸੇਵਾ ਵਿਭਾਗ ਵੱਲੋਂ ਇਹ ਵਰਕਸ਼ਾਪ ਇੰਡੀਅਨ ਸਕੂਲ ਸਾਈਕੋਲੋਜੀ ਐਸੋਸੀਏਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਰਵਾਈ ਜਾ ਰਹੀ ਹੈ। ਵਿਭਾਗ ਮੁਖੀ ਡਾ. ਕਿਰਨਦੀਪ ਕੌਰ ਨੇ ਸਭ ਦਾ ਰਸਮੀ ਸਵਾਗਤ ਕੀਤਾ ਅਤੇ ਵਰਕਸ਼ਾਪ ਦੇ ਵਿਸ਼ੇ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਵਾਈਸ ਚਾਂਸਲਰ ਡਾ. ਘੁੱਮਣ ਨੇ ਆਪਣੇ ਉਦਘਾਟਨੀ ਸ਼ਬਦਾਂ ਦੌਰਾਨ ਕਿਹਾ ਕਿ ਕੋਵਿਡ-19 ਕਾਰਨ ਹੋਏ ਲਾਕਡਾਊਨ ਦੇ ਸਮੇਂ ਵਿਚ ਜਦੋਂ ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਆਪਣੇ ਮਨ ਦੀਆਂ ਉਲਝਣਾਂ ਦਾ ਸ਼ਿਕਾਰ ਹਨ ਤਾਂ ਮਨੋਵਿਗਿਆਨ ਖੇਤਰ ਬਾਰੇ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਸਕੂਲ ਸਿੱਖਿਆ ਬਾਰੇ ਗੱਲ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਇਸ ਖੇਤਰ ਵਿਚ ਨਿਵੇਸ਼ ਕਰਨਾ ਕਿਸੇ ਵੀ ਰਾਸ਼ਟਰ ਲਈ ਲਾਹੇਵੰਦ ਸਾਬਤ ਹੁੰਦਾ ਹੈ। ਜ਼ਿਕਰਯੋਗ ਹੈ ਕਿ ਡਾ. ਘੁੱਮਣ ਪੰਜਾਬ ਸੂਬੇ ਦੀ ਸਕੂਲ ਸਿੱਖਿਆ ਨੀਤੀ ਸਬੰਧੀ ਕਮੇਟੀ ਦੇ ਚੇਅਰਮੈਨ ਵੀ ਹਨ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਮਾਨਸਿਕ ਸਿਹਤ, ਤੰਦਰੁਸਤੀ ਅਤੇ ਹੁਨਰ ਆਦਿ ਦੇ ਵਿਕਾਸ ਉੱਪਰ ਇਹ ਵਰਕਸ਼ਾਪ ਅੱਜ ਦੇ ਦੌਰ ਵਿਚ ਅਸਲ ਅਰਥਾਂ ਵਿਚ ਕੋਆਰਡੀਨੇਟਰ ਡਾ. ਜਗਪ੍ਰੀਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਡੀਨ ਅਕਾਦਮਿਕ ਮਾਮਲੇ ਡਾ. ਗੁਰਦੀਪ ਸਿੰਘ ਬੁੱਤਰਾ ਨੇ ਪੰਨਵਾਦ ਦੇ ਰਸਮੀ ਸ਼ਬਦ ਬੋਲਦਿਆਂ ਆਸ ਪ੍ਰਗਟਾਈ ਕਿ ਇਸ ਵਿਚ ਸ਼ਾਮਲ ਹੋਣ ਵਾਲੇ ਅਧਿਆਪਕਾਂ ਲਈ ਇਹ ਵਰਕਸ਼ਾਪ ਲਾਭਦਾਇਕ ਸਿੱਖਿਅਕ ਹੋਵੇਗੀ ਜਿਸ ਵਿਚ ਆਪਣੇ ਗਿਆਨ ਨੂੰ ਅੱਗੇ ਸਮਾਜ ਦੀ ਭਲਾਈ ਲਈ ਵਰਤ ਸਕਣਗੇ। ਤਕਨੀਕੀ ਮਦਦ ਲਈ ਡਾ. ਵਿਸ਼ਾਲ ਗੋਇਲ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਹਾਜ਼ਰ ਹੋਏ।

Online Workshop on Mental Health, Life Skills and Adjustment for Secondary School Teachers of Kashmir Valley

18-20 May 2020

Prof Nighat Basu, Central University of Kashmir, Srinagar

Indian School Psychology Association (InSPA) in joint collaboration with School of Education and DSW, Central University of Kashmir, organized a 3-day long online workshop on “**Mental Health, Life Skills and Adjustment for Secondary School Teachers of Kashmir Valley**” from 18-20 May, 2020

The workshop included an Inaugural Session, Six Technical Sessions and a Valedictory Session. The workshop was organized as a response against the prevailing Covid-19 pandemic situation which has crippled all human activities across the globe, severely affecting all aspects of human life i.e. health, economy, mobility, education, transportation and what not.

The pandemic has forced us to live in isolation even within our homes, thus resulting in various forms of physical, mental, social problems and spiritual agonies affecting us all irrespective of our age, race, religion, profession, gender etc.

The teaching and student community are no exception to its impact. Reports are pouring in from various parts of the world about the ill effects of the prevailing lockdown on student community in terms of increasing stress, anxiety and depression. Needless to say that the students, especially children and adolescents find it hard to concentrate on their assigned works. It is in this backdrop that, the said workshop was conceptualized and organized.

During Inaugural Session, the Welcome Address was delivered by **Prof. Nighat Basu, the convener** of the said workshop. In her address, Prof. Basu highlighted the need and relevance of conducting such online workshop in face of the present crisis. She observed that, teachers are equally responsible to care for the mental health issues of students. Teachers can address these problems of students by teaching them healthy life skills. She also highlighted that the adolescents are in a certain kind of trauma and, it is the duty of concerned stakeholders to address the issue on priority basis.

The Welcome Address was followed by Programme Summary shared by Prof. Farooq Ahmad Shah, DSW, CUK and, Organizing Secretary of this Workshop.

Dr. Syed Zahoor Geelani, Dean, School of Education, CUK and, Co-organizing Secretary, made few important remarks about the workshop. He observed that in their part of the country, they are facing problems in conducting virtual sessions due to frequent internet blockade and even when it is available, the internet speed is abysmally low.

The Key Note Address was delivered by Prof. N.A. Nadeem, former Dean, SOE, CUK. In his deliberations, Prof. Nadeem remarked that Mental Health is as important as Physical Health and one cannot thrive without the other. He also revealed that in 2015, SOE, CUK, introduced one-year programme as Post Graduate Diploma in Guidance and Counselling and different aspects of Mental Health are taught to students from other departments of the University through CBCS mode. Finally, he suggested that many mental health institutions be established across the length and breadth of the country. He also recommended that universities should open up courses on Abnormal Psychology, Social Psychology, Psychometry and Psychological Testing.

Prof. Panch Ramalingam, President, InSPA, delivered the Special Address. Prof. Ramalingam thanked and congratulated Prof. Mehraj-ud-din Mir, Hon'ble Vice Chancellor, CUK for making it a priority to conduct these workshops. In his speech, he observed that a large number of Govt. schools need to be have well qualified Counselors who can address the psychological needs of school-going children and adolescents. Prof. Ramalingam observed that 150 million children are staying at home during the lockdown and it is a huge challenge for the concerned stakeholders about how to fulfill their scholastic and non-scholastic needs and aspirations. He further added that, InSPA is planning to conduct such workshops across many states in the country.

Prof. Mehraj-ud-din Mir, Hon'ble Vice Chancellor, delivered a Presidential Address. In his address, he spoke at length about the need, importance and relevance of selected theme, keeping in view the problems faced by the education sector due to the present pandemic. Prof. Mir remarked that such workshops will go a long way in addressing the social and psychological needs of the student community.

Finally, **Prof. Fayaz Ahmad Nika, worthy Registrar, CUK**, delivered the Vote of Thanks. While thanking all the dignitaries and other participants, he stressed the importance of Exercise, Meditation, Proper Diet, Positive Thinking etc in fighting against the ill effects of the current situation.

The Inaugural Session was anchored by Dr. Mohammad Syed Bhat, Sr. Assistant Prof., SOE, CUK, and Mr. Reyaz Ahmad Wani, Asst Prof. SOE, CUK worked as its Rapporteur.

Online Workshop on School Psychology: Life Skills, Mental Health and Well-being

03 - 04 June 2020

Two Days' online workshop (03 - 04 June 2020) on School Psychology: Life skills, Mental Health and Well Being was jointly organized by the Department of Education and Psychology, Rajiv Gandhi University, Itanagar in collaboration with Indian School Psychology Association (InSPA), Puducherry and technically supported by IEEE Technology and Engineering Management Society, Chennai Chapter with an aim to bring together, and spread awareness about life skills, mental health and well being among School Principals/ Head Teachers, In-Service and Pre-Service School Teachers, Teacher Educators and Research Scholars.

There were four sessions divided into Inaugural, five technical sessions and Valedictory session.

Inaugural Session

At the very outset of the Inaugural Session Prof. Elizabeth Hangsing, InSPA State Convener, Arunachal Pradesh, instructed participants about online workshop process in order to ensure its activities are carried out smoothly for maximum benefit of all participants.

Prof. Tomo Riba, Registrar, Rajiv Gandhi University, Itanagar, gave the welcome address for all esteemed guests, speakers and participants on behalf of the Rajiv Gandhi University, Itanagar and lauded the online workshop as a platform to learn and share views among various stakeholders associated with schools.

Professor P K Acharya, Department of Education, Rajiv Gandhi University, stated the objectives and scope of the workshop. Prof. Acharya said brought to attention how Covid -19 has posed a challenge before teachers, administrators, students and parents with regards to teaching and learning process and that a change is urgently required in the educational system and methodology to maintain the pace. This workshop is an endeavour to understand various new challenges faced by all stakeholders associated with school education and successfully meet those challenges.

Dr. Panch Ramalingam, President-InSPA in his presidential address stressed that knowledge and handling of ICT tools is must for all teachers and gave a brief description of (1) the program schedule, (2) registration process, (3) about the participants, (4) the details of five technical sessions planned for workshop and lastly how the participants will benefit from the workshop.

Prof. Amitava Mitra, Pro Vice Chancellor, Rajiv Gandhi University in his address highlighted the

importance of physical, psychological and social well being of the individual for strengthening the emotional stability and sociability in the context of intra individual differences and inter-individual differences. Prof. Mitra was of the view that developing critical thinking and problem solving ability be given importance over the memorization of facts and syllabus among learners.

Prof. Saket Kushwaha, Hon'ble Vice-Chancellor, Rajiv Gandhi University, Arunachal Pradesh, in his inaugural address recalled few real life examples of how to maintain mental health and wellbeing, promoted life skills in terms of self-awareness, critical and creative thinking, coping with stress and emotions, and effective communication skills. Talking about lockdown period, its importance and Prime Minister's address to the nation five times at the time of crisis, Prof. Kushwaha said, **"Each individual is going to be affected and we must cooperate with corona warriors"**.

Technical Sessions

Prof. Mehraj Ud din Mir, Hon'ble Vice Chancellor, Central University of Kashmir, in the first Technical session, spoke about professional skills for teachers handling life skills. Hon'ble vice chancellor highlighted the problems of migrant workers, teachers & students, sources of their stress. He said that life patterns of people across globe has changed giving way to a new 'Normal' and emerging role of mobile phone and connectivity. Covid -19 has pushed us against the wall and there is growing need to develop a mechanism to bring students back to an interactive classroom.

In the second technical session II of afternoon taken by Dr. Panch Ramalingam, President-InSPA, Puducherry, discussed in detail the concept of School Psychology, the role of teachers, school Counselors, school psychologists and importance of School Environment in Indian context as India is a multi-cultural and multi-lingual nation. Dr. Ramalingam presented InSPA Action Plan 2020-21, interacted with participants and answered their queries.

Third Session was taken by Prof. Nighat Basu, Professor and Head department of Education, Central University Kashmir. She spoke about skill enhancement among children, Status and Execution of various Skill Development Schemes in India like; The Apprentice Act of 1961, The National Policy on Skill Development 2009, The National Skill Qualification Framework 2013, Pradhan Mantri Kaushal Vikas Yojna and Atal Innovation Mission 2017. In her concluding remarks she said that countries which had given priority

to skill development at the grass root level had flourished.

At the end of sessions, Dr. Nighat Basu cleared doubts that participants raised

Dr. Panch Ramalingam, President, InSPA, Puducherry, gave home assignment for the participants to carry out in their district /zone and to work with local school administration in future

Prof. Kesang Degi, Head- Department of Education, Rajiv Gandhi University presented vote of thanks and session came to an end with an announcement from Dr. Nisanth P M for next day schedule of activities.

Day Two: Technical Sessions

Session started with a great opportunity to hear two eminent speakers Prof. Mukhopadhyaya, former president InSPA and Prof. P. Venkataramaiah, Former chairmen SRC, NCTE for a few minutes. Both the speakers shared their views and wished success to InSPA workshop meant for those who are in early stage of their life and career.

Fourth Technical session of the workshop was taken by Dr. Lalitha Subramanian, former faculty, Department of Clinical Psychology, Sri Ramachandra University, Chennai. She delivered her lecture on the subject of **“Identification and Remediation of children at risk of learning difficulties in schools”** Dr. Lalitha Subramanian explained (1) the concept of learning disability, types of disability- dyslexia, dysgraphia, and dyscalculia, (2) the causes of poor academic performance, (3) the role of teachers in early identification of learning disabled children, (4) what problems they face in learning, (5) how to address their learning disability in a particular subject, their imperfect ability to listen, speak, read, spell or to do mathematical calculation, (6) strategies to be adopted by the teachers to deal with specific learning problem and (7) psychological processes involved in understanding or in using language, spoken or written form.

Fifth technical session was taken by Dr. Suza Koshy, Child Development and Family Relations Consultant, SEL Trainer, Former Head at Department of Human Development, SVT College, SNDT Women’s University Mumbai on the topic **“Educators well being during COVID 19 Pandemics”**. Dr. Suza Koshy deliberated that

worries are part of our life but COVID-19 worries are different like we fear losing our loved ones, our own health and adapting to new challenges in our professional life etc. She emphasized that we need to acknowledge our emotions, accept new normal fearlessly, reset our mindset as per COVID- 19 reality, as it is a real invisible threat and is likely to stay with us for a while, focus on positive emotions, re-invent education for future, no need to postpone our worries but re-schedule them, revive our old hobbies, enhance character strength, write journal and diary for our social and emotional well being. It will help us to revisit ourselves and provide strength to deal with the new order. In the end Dr Koshy gave home assignment to the participants.

The initiative to Organise this workshop on school psychology: life skills. Mental health was taken by Dr. Panch. Ramalingam , President-InSPA and coordinated by faculty members of Department of Education, Rajiv Gandhi University, Itanagar, Prof. Elizabeth Hangsing, State Convener-InSPA, State Prof. PKAcharya, Dr. Boa Reena Tok, Dr. C Siva Sankar, Dr, Nisanth PM and Narender Singh.

Fourteen hundred participants registered to attend the workshop but due to weather condition and poor connectivity approximately 740 participants could attend both days in the workshop.

Valedictory Session:

Er. M. Arun with his introductory remarks started the session formally and invited four participants to share their view and experience about the workshops. Dr. Boa Reena Tok formally welcomed all the distinguished guests and participants. Mr. Narender shared the report of the workshop with the invited guests and participants.

Dr. Panch Ramalingam, President-InSPA, Puducherry, delivered presidential address and Prof. Tomo Riba, Registrar Rajiv Gandhi University in his felicitation address talked about the duties during the pandemic. Prof. N. Panchanatham, Vice-chancellor, Tamil Nadu Teacher Education, University, Chennai and Prof. Gurmeet Singh, Vice- chancellor, Pondicherry University, Puducherry delivered theme address and valedictory address respectively.

Prof. A. Mitra Pro Vice-chancellor, Rajiv Gandhi University presented concluding remarks and Dr. Naraginti Amareswar Reddy, Department of Education, NEHU, Shillong presented Vote of Thanks.

Program co-ordinators



Prof. Elizabeth Hangsing



Prof. Prasanta Kumar Acharya



Dr. Boa Reena Tok



Dr. C. Siva Shankar



Dr. Nisanth.P.M.



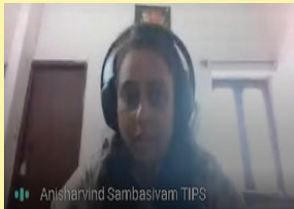
Dr Narender Singh

Department of Education, Rajiv Gandhi University, Arunachal Pradesh.

Webinar on “School Psychology: Learning Disabilities for School Principals and Teachers ”

1st May 2020

Dr. Sneh Bansal, Chandigarh



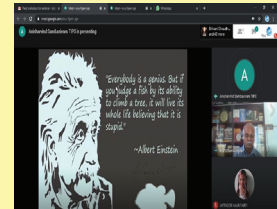
Dr. Lalitha Subramanian, Sri Ramachandra Medical University, Chennai, while conducting the Webinar.



Guest of honour Dr. Panch. Ramalingam, Pondicherry University, Puducherry



Coordinator Dr. Sneh Bansal, Principal, Chandigarh College of Education, Landran, Mohali (Punjab).



PowerPoint presentation on Learning Disorders

Chandigarh College of Education, Landran, Mohali (Punjab) in collaboration with Indian School Psychology Association (InSPA) organized Webinar on School Psychology: Learning Disabilities for school principals and teachers on 1st May, 2020 in which resource person was Dr. Lalitha Subramanian, Sri Ramachandra Medical University, Chennai and Guest of honour was Dr. Panch. Ramalingam, Pondicherry University, Puducherry and coordinator Dr. Sneh Bansal, Principal, Chandigarh College of Education, Landran, Mohali (Punjab). Total number of participants were 67.

Resource person had started her presentation with the PowerPoint presentation on Learning Disorders. She had started that Albert Einstein saying that “Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.” She said that each has intelligence. But it will be developed for specific skills depending on the environment they grow in. A fish is a genius at swimming but “stupid” at climbing a tree, because that was never required of it in its growing environment. It is a lonely existence to be a child with a disability which no-one can see or understand, you exasperate your teachers, you disappoint your parents, and worst of all you know that you are not just stupid.

She said poor academic performance of school children could be due to their limited cognitive capacity and perceptual processing, poor memory and attention span, distraction and lack of concentration, difficulty in expressing ideas and difficulty with written work. Inability to attain adequate literacy skills especially related to reading and spelling. Such difficulties could also be an indication of learning disabilities such as dyslexia.

Intellectual disability is a disability characterized by significant limitations both in intellectual

functioning (reasoning, learning, problem solving) and in adaptive behavior, which covers a range of everyday social and practical skills. This disability originates before the age of 18. Intellectual functioning is the general mental ability that includes reasoning, planning, problem solving, and abstract thinking, comprehending complex ideas, learning quickly and learning from experience. Adaptive behaviors include real-life skills such as grooming, getting dressed, and avoiding danger, safe food handling, following school rules, managing money, cleaning, and making friends. Adaptive behavior also includes the ability to work, practice social skills, and take personal responsibility.

Intellectual disability is diagnosed before the age of 18. Most children with intellectual disabilities can learn a great deal and as adults may have partially or even fully independent lives. IQ (intelligence quotient) is measured by an IQ test. The average IQ is 100, with the majority of people scoring between 85 and 115. A person is considered intellectually disabled if he or she has an IQ of less than 70 to 75. Four degrees of severity that reflect the level of intellectual impairment: IQ levels between 50–55 to approximately 70 characterize mild, educable, 35–40 to 50–55 characterize moderate, trainable, 20–25 to 35–40 characterize severe, custodial, and IQ levels below profound, custodial.

She had shared that learning disability is a disorder in children who, despite conventional classroom experience fail to attain the language skills of reading, writing and commensurate with their intellectual abilities. Specific learning disabilities (SLDs) are defined as “heterogeneous group of conditions wherein there is a deficit in processing language, spoken or written, that may manifest itself as a difficulty to comprehend, speak, read, write, spell, or to do mathematical calculations and includes such conditions as perceptual. Specific

learning disabilities (SLDs) does not include a learning problem that is primarily the result of visual impairment, hearing impairment, orthopedic impairment, intellectual disability, emotional disturbance, limited English proficiency, environmental or cultural disadvantage. Learning disabilities are due to genetic and/or neurobiological factors that alter brain functioning in a manner which affects one or more cognitive processes related to learning. These processing problems can interfere with learning basic skills such as reading, writing and/or math.

Some of myths are related to learning disabilities such as people with LDs cannot learn, lazy, affects more boys than girls, cannot be a good reader, and are not intelligent, make up a small percentage of the population. All LDs are outgrown by adulthood and learning disabilities are all the same. Some of facts related to People/children with LDs are smart and can learn, mean learning in different ways, some people with LDs may become discouraged because they have struggled so hard, and they may appear unmotivated or lazy. LDs tend to be noticed most often in school, but can affect all areas of life. Often by adulthood, people have found ways to use their strengths to compensate for their LDs. Many adults seek work environments that are a good fit. LDs are complicated and vary from person to person. LDs come in many forms and affect everyone differently. The impact of LDs may change in different settings depending on the demands of the situation. Early signs of learning disabilities are often raised in the first two years of school. A learning disability (LD) can usually be diagnosed by your child's age of 7-8 years. There are no medical treatments for learning disabilities.

She has shared with the audience about different types of learning disabilities in detail as well.

Dyslexia is a specific learning disability that affects reading and related language-based processing skills. The severity can differ in each individual but can affect reading fluency, decoding, reading comprehension, recall, writing, spelling, and sometimes speech and can exist along with other related disorders.

Dyscalculia: Common symptoms of dyscalculia are, having difficulty with mental math, trouble analyzing time and reading an analog clock, struggle with motor sequencing that involves numbers, and often they will count on their fingers when adding numbers.

Dysgraphia is a learning disability that affects writing abilities. It can manifest itself as difficulties with spelling, poor handwriting and trouble putting thoughts on paper. Because writing requires a complex set of motor and information processing skills, saying a student has dysgraphia is not sufficient.

Dyspraxia is a disorder that is characterized by difficulty in muscle control, which causes problems with movement and coordination, language and speech, and can affect learning.

Central Auditory processing disorder is an difficulty localizing sound. Difficulty understanding spoken language in competing messages, in noisy backgrounds, in reverberant environments, or when presented rapidly. Taking longer to respond in oral communication situations. Frequent requests for repetitions, saying "what" and "huh" frequently.

Non verbal learning disorders: The brain-based condition is characterized by poor visual, spatial, and organizational skills; difficulty recognizing and processing nonverbal cues; and poor motor performance.

A visual processing, or perceptual, disorder: it refers to a hindered ability to make sense of information taken in through the eyes. This is different from problems involving sight or sharpness of vision. Difficulties with visual processing affect how visual information is interpreted or processed by the brain.

Dysphasia: (also called aphasia) is an impairment of language. They often co-exist. Strictly speaking, the words anarthria and aphasia mean a total absence of ability to form speech or language but they are often used when dysarthria and dysphasia would be more correct.

She has shared that there is need to apply basic management strategies. She said "Underachievement can lead to poor self-esteem, which can become the real enemy for those who are struggling to succeed." What to do for this now? Successful teachers of learning disability students could apply these kinds of intervention or strategies like break learning into small steps; administer probes; supply regular, quality feedback; use diagrams, graphics and pictures to augment what they say in words and provide ample independent, well-designed intensive practice.

Early identification of learning disability demands for timely and effective remedial intervention. Such intervention enables students to cope with academic challenges better and can make the difference between failing to achieve desired academic outcomes and substantially improved academic performance. School teachers and special educators play an important role in identifying students' learning difficulties, due to their frequent and close classroom contact and observation of students. Participants had asked number of questions to clarify their doubt from Dr. Lalitha Subramanian our speaker of the session from the related area of knowledge under discussion.

Overall it was an effective, interesting and remarkable session which was concluded by the Vote of thanks by Dr. Sneha Bansal, Principal, Chandigarh College of Education, Landran, Mohali (Punjab) to our speaker Dr. Lalitha Subramanian, Sri Ramachandra Medical University, Chennai and Guest of honour was Dr. Panch. Ramalingam, Pondicherry University, Puducherry .

InSPA online counsellors

Sl No	Name	Qualification	State	Counselling area	Photo	Languages known
1	Dr. Janet Fernandes	PhD in Psychology Mumbai University	Mapusa, Goa	Children& parents		English & Konkani
2	Dr.Jignesh(Jigar) A. Jani	M.A (Clinical Psychology),Ph.D. Psychology ,Sardar Patel University	Gujarat	All three areas		Hindi, English & Gujarati
3	Ms.Ajab Primuswala	M.phil clinical Psychology	Gujarat	All three areas		Hindi, English & Gujarati
4	Ms..Anjali Hardikar	MSW , TISS, Mumbai	Gujarat	All three areas		Hindi, English, Marathi, Gujarati
5	Mrs.Arati Gupta	M.A.Psychology,PGDGC, Ph.D pursing	Bhopal, Madhya Pradesh	All three areas		Hindi & English
6	Ms.Deepali Devdatt Punekar	M.A. Psychology,P.G.D.in Clinical and applied hypnotherapy	Vadodara, Gujarat	All three areas		English, Hindi, Gujarati & Marathi
7	Mr.Dhani Shankar	M.A.clinical Psychology, PGDCP,Banaras Hindu University,B.ed	Uttar Pradesh	All three areas		Hindi& English
8	Ms.Diana Manoshi	M.Phil	Karnatka, Bangalore	Children& Parents		English, Hindi, Tamil & Kannada
9	Ms.Divya Arun	M.A Psychology,PGDCP,Banaras Hindu University	Uttar Pradesh	All three areas		Hindi& English
10	Ms.Fuljhuri Basu	M.A. Psychology, PGDSC ,University of Calcutta	Kolkata	children& parents		English, Hindi & Bengali
11	Ms.Gitashree Majumdar	M.sc Psychology, Annamalai University	Hyderabad	All three areas		English ,Hindi, Bengali & Telugu

SI No	Name	Qualification	State	Counselling area	Photo	Languages known
12	Dr.Gagadharan	Ph.D, M.A Psychology M.A Sociology,,PGD Clinical Hypnosis, GCC, University of Kerala	Thiruvananthapuram, Kerala	All three areas		English & Malayalam
13	Dr.Jamila Firdaus	M.A.(clinical Psychology), Ph.D, Education	Vadodara, Gujarat	All three areas		English, Hindi, Gujarati & Urdu
14	Dr.Juliet Lalrem-mawii Ralte	Ph.D, M.A(clinical Psychology)	Mizoram	Children& parents		English & Mizo
15	Ms.Juvairia Tariq	M.A.Clinical Psychology, Diploma in counseling psychology	Madhya Pradesh	All three areas		Hindi& English
16	Ms.Jyoti Kamble	M.Phil in Clinical Psychology, Gujarat Forensic Science University .	Bhopal	All three areas		English, Hindi & Marathi
17	Mr.Sri E.Jayaganapathy	M.sc(counselling & Psychotherapy),M.Ed	Tamil Nadu, Nagapattinam	All three areas		Tamil & English
18	Ms.Kamini, V	M.sc. Psychology, University of Madras, PGDLD,THE TAMIL NADU DR.M.G.R .Medical University	Tamil Nadu, Chennai	All three areas		English & Tamil
19	Dr.Kanchan Mathan-kar	Ph.D in Psychology ,Bar-katullah University	MP	children		Hindi& English
20	Ms.Kanchan Thakur	M.A Psychology ,Post MA Diploma in Professional Counselling and Psychotherapy	Himachal Pradesh	Children & parents		Hindi & English
21	Mr.Krishna kumar Dwivedi	Diploma in Guidance Psychology, M.A Psychology	Uttar Pradesh	Children		Hindi& English
22	Mr.Kumaran, S	M.Phil (Psychology) , M.A (Psy) Annamalai University, PGDGC	Puducherry	All three areas		Tamil & English

SI No	Name	Qualification	State	Counselling area	Photo	Languages known
23	Ms.Laxmi Prajapat	M.A.Psychology,PGDRP, Jai Narain University, Jodhpur	Jodhpur	Children & parents		Hindi & English
24	Dr.Madhu Anand	Ph.D in Psychology, Kurukshetra University	Rohtak, Haryana	Children & Parents		English & Hindi
25	Ms.Manju Bhagtani	M.A.Counseling Psychology, IGNOU	Telangana	Children & parents		English, Hindi, Gujarati & Sindhi
26	Ms.Meena Chapekar	PGDGC,Barakatulah Vishwavidyalaya, Bhopal	Madhya Pradesh	All three areas		Hindi & English
27	Ms.Mini Mehra	Ph.D(thesis submitted Nov 19), Barkatullah University, PG Diploma in Mental retardation(RCI Registered Spl. Educator	Bhopal, Madhya Pradesh	All three areas		English, Hindi & Bengali
28	Dr.Nafisa G Khan	Ph.D Psychology, Madras University	Chennai	Children & Parent		English & Tamil
29	Dr.Neha Yadav	P.hD, IDGC,M.A	Madhya Pradesh	All three areas		Hindi & English
30	Ms.Niharika Koundinya	M.A Psychology , Gauhati University	Assam	Children & parents		Hindi, English & Assamese
31	Ms.Pallavi Sahu	M.A Psychology, Gauhati University	Assam	Children & parents		Hindi, English, Assamese
32	Ms.Preethi Inder	M.Phil in Psychology, University of Madras	Tamil Nadu, Chennai	Children & Parents		Hindi & English
33	Dr.Reena K.Joseph	Ph.D in Counseling Psychology, Assam Don Bosco University	Assam	All three areas		English, Hindi & Malayalam

SI No	Name	Qualification	State	Counselling area	Photo	Languages known
34	Ms.Reena Madhu	MA Clinical Psychology, Mumbai University	Kerala	Children& Parents		English, Hindi & Malayalam
35	Ms.Ria Roy	M.sc Psychology, PGDDRM, West Bengal University of Health Science(WBUHS) Calcutta	West Bengal	All three areas		Hindi, English & Bengali
36	Dr.Rita Rani Talukdar	Ph.D Psychology University of Gauhati	Assam	children		English, Hindi & Bengali
37	Ms.Sazia Chugh	M.A Psychology, PGDGC, Punjab University	Punjab	All three areas		Punjabi, Hindi & English
38	Dr.Seema Vijayvargiya	Ph.D Psychology, PGDGC, Barkatullah University,Bhopal.	Bhopal, Madhya Pradesh	Children& Parents		English & Hindi
39	Ms.Shipra	M.Phil, B.Ed, PGDGC, Diploma in special education	Rohtak, Haryana	Children &Parents		Hindi & English
40	Dr..Subasree Vana-mali	M.A. Ph.D Psychology , University of Madras	Tamil Nadu, Chennai	Children& Parents		English, Hindi & Tamil
41	Ms.Sudha Gupta	M.Sc counselling & Family Therapy	Delhi	Children& Parents		Hindi& English
42	Dr.Suja Koshy	Ph.D (Education-Interdisciplinary), M.sc (child Development & Family Relations) university of Bombay	Mumbai	Children&parents		English, Hindi, Marathi & Malayalam
43	Ms.Sumathi Srinivasan	M.sc Psychology, University of Madras, PGDLD, THE TAMIL NADU DR.M.G.R Medial	Tamil Nadu, Chennai	Children& Parents, LD		English & Tamil
44	Ms.Surabhi Gupta	M.A .Psychology, PGDGC Bundelkhand University	Uttar Pradesh	All three areas		Hindi& English

SI No	Name	Qualification	State	Counselling area	Photo	Languages known
45	Dr. N.S.Suryanarayana	PhD(Phil..) (educational Psychology), M.sc. (Psychology), MS(sex), PGDGC, M.Phil,	Andhra Pradesh	All three areas		English, Telugu & Hindi
46	Ms.Uma Saravanan, S	B.sc Psychology, Diploma in counselling	Chennai	Children & Parents		English & Tamil
47	Dr.Vishal Yadav	Ph.D, Banaras Hindu University	UP	All three areas		English, Hindi & Bhojpuri
48	Ms.Zarin Farah Shaheed	M.A in Applied Psychology(specialization Clinical Psychology)Jamia Millia Islamia	Assam	Children & parents		Hindi, English, Assamese & Bengali
49	Dr.Zokaitluangi	Ph.D ,North eastern Hill University	Mizoram ,Aizawl	Children & parents		English& Mizo
50	Dr.Zothanzami	M.A. Clinical Psychology, Ph.D,Mizoram University	Aizawl, Mizoram	All three areas		English& Mizo

Online Lectures for InSPA Counsellors

Report by Mrs. V. Kamini, Chennai

The COVID19 crisis has created a need for online counseling services and it was time for our InSPA to come to the rescue. Our President Dr. Panch. Ramalingam began the process rephrased by sending out forms through the members of InSPA to create a force of eligible and competent counsellors to meet the demands of children, teachers, and parents during COVID 19 crisis. Following the creation of InSPA President, Dr. Panch Ramalingam arranged scientific sessions with three experts in the field of counselling to give an orientation on Professional Skills for Online Counselling on 19th May 2020 by Dr. G. Venkatesh Kumar, Ph.D, Dean of Science & Technology, Professor of Psychology, University of Mysore. He spoke about Online Counselling, its advantages & Uses, helping relations and its core conditions. He also reiterated

the Goal of Professional Counselling, which is to promote the development of more effective & adaptive behaviours of the client.

The 2nd session was held on 5th June 2020 by Dr. Vasuki Mathivanan, founder-president of the Indian Academy of professional supervisions, Chennai. She spoke about Professional Ethics, Unethical Counselling practices, Ethical Dilemma, difference between Morals & Ethics and the three broad domains of School Counsellor's along with some case studies for more clarity. The experts rendered an excellent informative talk to Counsellor's.

The 3rd session which was held on 23rd May 2020 conducted by Dr. S. Thenmozhi, Professor & Head, Department of Counselling Psychology, University of Madras, Chennai, during which every counsellor's was interviewed and certified accordingly.



10th InSPA International Conference on School Psychology:

Empowering Children for Mental Health and Lifelong Learning
(07 – 09 November 2020)

at

Aligarh Muslim University, Aligarh, India



Department of Psychology, Aligarh Muslim University, Aligarh

The Department of Psychology, Aligarh Muslim University, Aligarh enjoys the privilege of being one of the oldest departments in the subcontinent. During the period when the subject was rooted within Philosophy, it was called the Department of Philosophy, although psychology formed part of the courses in every examination. In 1964, the Department of Psychology was separated from the Department of Philosophy as an independent entity. Prof. Anwar Ansari became its first Head of the Department of Psychology.



With the foundations firmly laid in the traditions initiated by Prof. Anwar Ansari, the independent department of Psychology began to move towards the assimilation of contemporary modern directions in the field and many significant areas emerged and developed. During the process, areas like Experimental Psychology, Personality and Social Psychology, Clinical Psychology, Educational Psychology, Industrial Psychology, Counselling Psychology and Humanistic Psychology came to the fore. The department offers Undergraduate, Postgraduate and Ph.D. courses. The students/research scholars of the department are provided extensive training with exposure in all the areas of Psychology. The department has rich laboratories equipped with the latest equipment along with a computer lab.

Indian School Psychology Association (InSPA)

InSPA is a voluntary non-profit psychological service society. The primary aim of the Association is (i) to develop School Psychology as a sub-discipline, to promote value-based education and training to meet the needs of society, (ii) to promote communication among professionals who are committed to the improvement of the mental health of children in



schools, and (iii) to establish Centers and promote high quality School Psychology programmes to meet the needs of specific groups, particularly children and teachers. InSPA is an affiliated association of the International School Psychology Association, USA and Indian Academy of Applied Psychology, India.

InSPA has initiated to create awareness regarding the need for School Psychology training and

services to the school teachers and children. With this mission, we have made a humble beginning by collaborating with like-minded teachers and psychologists who are trained in the field of educational, counselling and clinical psychology with the keen interest in School Psychology.

The first InSPA national conference was organized at Jai Narain Vyas University, Jodhpur from 26th to 28th November 2011, the 2nd national conference was held in Calicut University, Calicut in 2012, the 3rd national conference was organized at NIEPMD, Chennai in 2013, the 4th international conference on School Psychology was held at Gauhati University, Guwahati, Assam in 2014, the 5th International conference was conducted at KBP College of Arts and Commerce, Mumbai in 2015, and the 6th InSPA International conference was held at Pondicherry University on 13th - 15th October, 2016. The 7th InSPA International conference was held at Mysore University on 09th - 11th November, 2017 and 8th InSPA International conference was held at Andhra University on 11th - 13th October, 2018. The 9th InSPA International Conference was held at Pandit Deendayal Petroleum University, Gandhinagar on 14 – 16 November 2019. All these conferences consist of keynote speeches, concurrent scientific sessions, presentation of papers, symposia, workshops, poster session, exhibition of products made by the Special children, cultural programmes, social events, interactive sessions and children's assembly.

Conference Theme

School Psychology: Empowering Children for Mental Health and Lifelong Learning

Mental health is the level of psychological well-being or absence of mental illness. Nowadays, almost all the citizens of the country are experiencing mental health problems but differences in degree. This problem is more prevalent in school going children. National statistics indicate that one in every five teen has some type of mental health problem in any given year. The problems range from mild to severe due to parental pressure, high level of competitive exams, peer pressure, unhealthy lifestyle, excess of social media, drug abuse and many more seen as well as unseen factors. During examinations, the suicidal attempts have been reported in increasing trend. Sadly, suicide is one of the leading cause of death among school students. Hence, WHO has been taking this issue since 2005 and given a slogan "THERE IS NO HEALTH WITHOUT MENTAL HEALTH "

The role of learning cannot be overlooked. It is a continuous process, self-motivated, pursuit of knowledge for all. Lifelong learning not only enhances social inclusion, active citizenship and personal development but also self-sustainability and competitiveness. It is important to inculcate Life-Skills training among School students for better learning and to spend meaningful life.



Sub Themes

- Role of School Psychology in the management of Mental Health.
- Promoting Mental Health in Schools and Educational Institutions.
- Counseling and Mental Health Issues.
- Mental Health and Well-Being.
- Mental Health Issues of School Children.
- Mental Health Problems of School Teachers.
- Mental Health Problems of Special Groups.
- Educational Policies and its impact on Mental Health.
- School Safety and Mental Health
- Promoting Mental Health through Skill Development.
- Mental Health Dimensions and their role in Sustainable development.
- Promoting Mental Health through Counseling.
- Mental Health and Emotional Abuse. Work place and Mental Health. Interpersonal Relation and Mental Health.
- Crowding and Mental Health. Academic Life, Career Competence and Mental Health
- Strategies for Promoting Mental Health.
- Any other relevant topic related to the Theme and Sub-Theme.

Please mention sub theme in Abstract

On each sub-theme of this conference, a team of invited speakers/experts will deliver keynote presentations.

Keynote Speakers:

Prof. G.P. Thakur, New Delhi	Prof. B. Mukhopadhyay, Chennai
Prof. Paul Batrola, University of Malta	Prof. Janet Muscutt, United Kingdom
Prof. Akbar Uddin, Bangladesh	Prof. Shamim Ansari Aligarh Muslim University

14th InSPA General Body Meeting

The 14th General Body Meeting of the Indian School Psychology Association will be held on 7.11.2020 at 12.00 noon at Aligarh Muslim University, Aligarh. Dr. Panch. Ramalingam, President, InSPA will preside over the meeting. InSPA members are requested to send their proposals if any for consideration on or before 15th October, 2020.

Leadership Workshop

The leadership workshop will be held on the first day of the conference between 02.00 and 05.00 pm. The participants are invited InSPA members only.

Pre-conference Workshop on School Psychology

The purpose of this workshop is to enable a practitioner, researcher, or other educational professional/teachers to present specific innovative techniques, methods and tools for psychologists from a practical point of view in relation to the conference theme. This is a three-day workshop on School Psychology Competencies on 6th November, 2020.

One-day workshop on Game Based Therapy on 6th November, 2020

Convener: Dr. Sarah Manickaraj, Presidency College, Chennai

Game-based therapy facilitates learning by laying its foundations upon the game, the process more easily followed while the concepts assimilated. The game creates a virtual environment that recreates realistic situations (simulations). This way, users (students) learn to function in a safe context, but with rules, interactivity and feedback. The student accepts rules more easily in a playful environment: following certain rules, students can advance and succeed in the game. If they don't play by those rules, however, they won't beat the levels. It is an efficient training tool because it incorporates gaming elements: challenges, fantasy, motivation, easy achievement metrics (levels, ranking, score), as well as satisfaction by the achievement of goals. The progress through levels, characteristic of game-based therapy and strategies, allow for an increase in the difficulty of achieving certain goals.

Three-day training programme on School Psychology Competencies

Convener: Dr. Yogini Nath and Dr. Mira Shah

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 diverse schooling systems, which cater to the needs of the children. Children of these schools need proper psychological guidance to learn and acquire skills and abilities, which can be provided by School Psychologists. 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. This is a major initiative of InSPA to conduct training programmes by inviting International experts to India. This three-day workshop is to provide hands on training on school psychological competencies.

Training Modules

- Module I: Theoretical framework of School Psychology
- Module II: Role of school psychologists, Overview of ISPA standards and Code of Ethics

- Module III: Knowing the world of school settings in India, Rules, Acts, Policies and knowing the school settings in India
- Module IV: Safe School and friendly accreditation
- Module V: Psychological Assessment and Intervention Techniques
- Module VI: Yoga and Meditation for school children

Children's Assembly

This is a special event of the InSPA to help and motivate the children. The Children's Assembly will held on the second day of the Conference between 10.00 am and 12.00 noon. The children from various places in and around Aligarh region will assemble and interact with the School Psychology experts. A new concept *Quiz contest* will be introduced to the children. Maximum 300 students between the age group 14 -17 years will be admitted to this session.

Expert: **Prof. V.S.R. Vijayakumar**. Formerly Professor, at the Institute of Management Technology, Nagpur, and Madras University, Chennai. His area of specialization is Organizational Behavior and Psychometric tests.

Cultural Event

Cultural programmes will be arranged in the evening of the first day (6.00 p.m.) followed by dinner.

General Assembly

This is a special event of the InSPA to help and motivate the parents and teachers. The General Assembly will held on the third day of the Conference between 10.00 am and 12.00 noon.

Expert: **Mr. Gunapathy Arumugam**, Parenting Educator, Malaysia

InSPA Awards 2020

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 30th August 2020. The details of awards are available at www.inspa.org.

Proposal for Presentation

Proposals are invited for symposia (90 minutes), round tables (45 minutes), workshops, individual paper and poster presentations (Poster size-30 x 20 inches).

Submission of Papers for Oral Presentation / Publication

Delegates are requested to submit their abstracts/ papers following APA style (7th Edition) on any of the listed sub themes. To ensure a consistent high quality of all the presentations, participants are requested to submit the abstract in 100-200 words. The full text around 5000 words can be sent by email: inspaindia@gmail.com.

All the accepted abstracts received on or before 30.09.2020 will be published and distributed to the delegates on the first day of the conference. Selected papers will be published in the form of a book and a separate notification will be sent to the concerned authors.

General Instructions

1. Conference presentation of paper will be confirmed subject to submission of full paper and power point (PPT) to inspaindia@gmail.com on or before 30.09.2020.
2. Oral presentation does not require submission of full paper. However, PowerPoint presentation will be accepted.
3. Registered delegates are most welcome to display their posters at the venue of the conference.
4. All suitable full papers would be considered for publication by the InSPA journal/ book and the corresponding authors would be intimated about signed agreement for publication along with the review comments of the papers.
5. A registered delegate alone is permitted to present one paper at a time allotted during the conference and will get the certificate of presentation at the concerned session of the conference. Presentation of additional papers, if any by the same author(s), is permitted based on the payment of Rs.1000/- (per paper).
6. Participation certificate will be given for individual delegates. Title of the paper presentation certificate purely based on the book of abstracts. Each paper with the name(s) of the author(s) given on one certificate.
7. The accompanying delegate if interested to participate in the conference has to pay accompanying delegate fee.
8. Participation in all the three days are mandatory. There is no provision for one or two-day participation.
9. Transportation facilities not arranged. Registered delegates requested to reach the accommodation venue on their own. On the day of the conference the
10. The delegates who make online payment are requested to produce original receipts of payment for getting the receipt by post or at the specified registration counters. Soft copies and Xerox copies are not accepted.
11. Payment of registration and other fees paid once will not be refunded and cannot be adjusted with other delegates.

Registration Fee

Sl. No	Category	Dates	Regular 30.09.2020	Spot
InSPA Members				
1	Faculty and Professional	07-09 Nov 2020	Rs.2000	Rs.2500
2	Research Scholars and Students	07-09 Nov 2020	Rs.1000	Rs.1500
3	Three day training on School Psychology Competencies	06-08 Nov 2020	Rs.1500	-
4	Pre-conference One-day workshop on Game Based Therapy (Dr. Sarah Manickaraj)	06 Nov 2020	Rs.1000	Rs.1500
5	Pre-conference Workshop on Career Counselling	06 Nov 2020	Rs.1000	-
6	Accompanying person	07-09 Nov 2020	Rs.1500	Rs.2000
Non Members				
1	Faculty and Professional	07-09 Nov 2020	Rs.2500	Rs.3000

2	Research Scholars and Students	07-09 Nov 2020	Rs.1500	Rs.2000
3	Three day training on School Psychology Competencies	06-08 Nov 2020	Rs.2000	-
4	Pre-conference One-day workshop on Game Based Therapy (Dr. Sarah Manickaraj)	06 Nov 2020	Rs.1500	Rs.2500
5	Pre-conference Workshop on Career Counselling	06 Nov 2020	Rs.1500	Rs.2000
6	Accompanying person	07-09 Nov 2020	Rs.2500	Rs.3000
7	Accommodation Charges for double sharing	06 th to afternoon of 09 th Nov 2020 (3 Nights)	Rs.1500	Rs.2000
8	International Delegates Registration fee (including accommodation)	06 th to afternoon of 09 th Nov 2020 (3 Nights)	USD 100	-

Local Organising Committee (LOC)

Chief Patron

Prof. Tariq Mansoor

Vice Chancellor, AMU, Aligarh

Organizing Secretaries

Prof. (Ms.) Roomana Siddiqui

Chairperson, Department of Psychology, AMU, Aligarh

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InSPA Team

Dr. Panch. Ramalingam

President, InSPA

Dr. Zokaitluangi

Secretary, InSPA

Dr. S. Suresh

Treasurer, InSPA

www.inspa.org

Email: inspaindia@gmail.com

InSPA Travel Consultancy

Ms Sudha Gupta has wide experience of 25 years in Travel. She has herself traveled to over 50 countries of the world on six continents including Antarctica.

You may contact her for your entire Travel related requirement, including:

- ♣ VISA, Air tickets,
- ♣ International Tours,
- ♣ Individual and Groups Tours anywhere in India and the Sub-continent,
- ♣ Educational Trips for Schools and Colleges
- ♣ Event & Conference organization

Contact Details:

Ms Sudha Gupta

Mobile: 9968073909

Email: sudha.gupta@vedictours.net

InSPA New Members June 2020

Member No	Name	Gender	State	Proposed by.
LM/2020/10540	Gitashree Majumdar	Female	Telangana	V Ramchandram
LM/2020/10541	Shabnam Sharma	Female	Punjab	Sneh Bansal
LM/2020/10542	Rahul kumar prajapati	Male	Uttar Pradesh	Panch. Ramalingam
LM/2020/10543	Dhanishankar	Male	Uttar pradesh	Panch. Ramalingam
LM/2020/10544	Hemasri K Talukdar	Female	Assam	Rita Rani Talukdar
LM/2020/10545	Ashna Sharma	Female	Madhya Pradesh	Reena Singh
LM/2020/10546	Manoj Kumar Mittal	Male	Uttar Pradesh	Panch Ramalingam
LM/2020/10547	Surbhi	Female	Jharkhand	Sadique Razaque
LM/2020/10548	Kiran vijay	Female	Himachal Pradesh	Anita Chauhan
LM/2020/10549	Niharika Koundinya	Female	Assam	Mridusmita
LM/2020/10550	Dr.Deepali Singla	Female	Punjab	Sneh Bansal
LM/2020/10551	Neha Gupta	Female	Jharkhand	Sadique Razaque
LM/2020/10552	Sucharita Dutt	Female	West Bengal	Dutta Roy
LM/2020/10553	Tabbsum Parvin	Female	Bihar	Manoj Kumar
LM/2020/10554	Banani Basistha	Female	Assam	Rita Rani Talukdar
LM/2020/10555	Kanchan Thakur	Female	Himachal Pradesh	Anita Chauhan
LM/2020/10556	Rajni priya	Female	Jharkhand	Sadique Razaque
LM/2020/10557	Dr.Gagandeep kaur.	Female	Chandigarh	Sneh Bansal
LM/2020/10558	Shivali Tiwari	Female	Madhya Pradesh	Bhupinder Singh
LM/2020/10559	Anjali Hardikar	Female	Gujarat	Panch. Ramalingam
LM/2020/10560	Dr. Shanti Hassa Kerketta	Female	Jharkhand	Sadique Razaque
LM/2020/10561	Mridusmita Bagchi	Female	Assam	Rita Rani Talukdar
LM/2020/10562	Ravinder Kaur	Female	Punjab	Sneh Bansal
LM/2020/10563	Nisha Rani	Female	Jharkhand	Sadique Razaque
LM/2020/10564	Niharika Koundinya	Female	Assam	Dr. Dutta Roy
LM/2020/10565	Dr Razi Faraz khan	Female	Madhya Pradesh	Dr Reena singh
LM/2020/10566	Dr. Zavise Rume	Male	Nagaland	Dr.Panch. Ramalingam
LM/2020/10567	Dr Priyanka Kacker	Female	Gujarat	D Dutta Roy
LM/2020/10568	Sweety Priyam	Female	Bihar	Manoj kumar
LM/2020/10569	Chandamita Barua	Female	Assam	Dr. Indranee Phookan Barooah
LM/2020/10570	Subhashita Raj	Female	Bihar	Manoj Kumar
LM/2020/10571	Priyanka Tamuly	Female	Assam	D Dutta Roy
LM/2020/10572	Himashree Choudury	Female	Assam	Dr. Panch Ramalingam
LM/2020/10573	Anindita sandilya	Female	Assam	Rita Rani Talukdar
LM/2020/10574	Sakshi Yadav	Female	Madhya Pradesh	Dr. Bhupinder singh
LM/2020/10575	Shailesh Ramsingh	Male	Gujarat	Dr. Panch Ramalingam
LM/2020/10576	Shivangi srivastava	Female	Uttar Pradesh	Panch. Ramalingam
LM/2020/10577	Dr.Nitu Kumari	Female	Jharkhand	Sadique Razaque
LM/2020/10578	Dr Yashpal Azad	Male	Himachal Pradesh	Dr Anita Chauhan
LM/2020/10579	Snigdha Mazumder Baruah	Female	Assam	Dr. Rita Rani Talukdar
LM/2020/10580	Debasish Sarkar	Male	Assam	Dr. Rita Rani Talukdar
LM/2020/10581	Maria Choudhury	Female	Assam	Dr. Rita Rani Talukdar
LM/2020/10582	Dr Kavita Jakher	Female	Haryana	Dr Sneh Bansal
LM/2020/10583	Surabhi Gupta	Female	Uttar pradesh	Dr. Reena singh Rajput
LM/2020/10584	Zarin Farah Shaheed	Female	Assam	D Dutta Roy
LM/2020/10585	Pallavi Sahu	Female	Assam	D Dutta Roy
LM/2020/10586	Jasleen kaur	Female	Punjab	Dr. Sneh Bansal
LM/2020/10587	Rebecca Vanlalruati	Female	Mizoram	Dr. Rinpari Ralte
LM/2020/10588	Ennet B Lalhlengliani	Female	Mizoram	Dr Rinpari Ralte

Member No	Name	Gender	State	Proposed by.
LM/2020/10589	Lalruatfeli	Female	Mizoram	Dr. Rinpari Ralte
LM/2020/10590	Juvairia Tariq	Female	Madhya Pradesh	Dr Bhupindra Singh -State Convener M.P.
LM/2020/10591	Lalruatdiki Hnamte	Female	Mizoran	Dr Rinpari Ralte
LM/2020/10592	Dr. Ragitha Radhakrishnan	Female	Tamil Nadu	Dr. Kalyani Kenneth
LM/2020/10593	Piyali Paul	Female	West Bengal	Debdulal Dutta Roy
LM/2020/10594	Smita kumari	Female	Jharkhand	Shadique razzaq
LM/2020/10595	Esther Lalkhawngaihdaungkimi	Female	Mizoram	Dr Rinpari Ralte
LM/2020/10596	Lalhmangaihsanga	Male	Mizoram	Dr.Rinpari Ralte
LM/2020/10597	Nistala Surya Kanthi	Female	Andhra Pradesh	Dr.N.V.S.Suryanarayana,
LM/2020/10598	Mutchi Rajani	Female	Andhra Pradesh	Dr.N.V.S.Suryanarayana,
LM/2020/10599	Lalrintluangi	Female	Mizoram	Dr. Rinpari Ralte
LM/2020/10600	Lalruatsangi	Female	Mizoram	Dr.Rinpari Ralte
LM/2020/10601	Munnoo Khan	Male	Delhi	Prof. Shah Alam
LM/2020/10602	Anita Vanlalnunmawii	Female	Mizoram	Dr Rinpari Ralte
LM/2020/10603	Sudha Gupta	Female	Delhi	Dr Sara Manickraj
LM/2020/10604	Zebalda Restia Dkhar	Female	Meghalaya	Zokaitluangi
LM/2020/10605	L. Ramanathan	Male	Tamil Nadu	Dr. Panch. Ramalingam
LM/2020/10606	Devangana Goswami	Female	Assam	Rita Rani Talukdar
LM/2020/10607	Lopa Basistha	Female	Assam	Dr Rita Rani Talukdar.
LM/2020/10608	Ankita Sharma	Female	Himachal Pradesh	Dr. Neelam Verma
LM/2020/10609	Poonam Devi	Female	Haryana	Dr.Madhu Anand
LM/2020/10610	Prof. Parveen Akhter Pandit	Female	Jammu and Kashmir	Nighat Basu
LM/2020/10611	Dr. Shadma Absar	Female	Delhi	D Dutta Roy
LM/2020/10612	Satyananda Panda	Male	Sikkim	Dr. Panch Ramalingam
LM/2020/10613	Saiza Chugh	Female	Sikkim	Dr Sneh Bansal
LM/2020/10614	S Sasikala	Female	Tamilnadu	Dr. V. Vithya
LM/2020/10615	K Gowtham	Male	Telangana	K Srinivas rao
LM/2020/10616	Sneha Verma	Female	Delhi	Dr. Panch ramalingam
LM/2020/10617	Dr. Mamman Joseph C	Male	Tamilnadu	Dr. Panch Ramalingam
LM/2020/10618	Keneise Gabrielina	Female	Nagaland	Dr. Panch Ramalingam
LM/2020/10619	Yashikala Jamir	Female	Nagaland	Dr. Panch Ramalingam
LM/2020/10620	Deepika	Female	Haryana	Dr.Madhu anand
LM/2020/10621	Shashi Rashmi	Female	Haryana	Dr. Madhu Anand
LM/2020/10622	Dr. Sandeep.Kumar	Male	Haryana	Dr. Madhu Anand
LM/2020/10623	Prof Azizuddin Khan	Male	Maharashtra	D.Dutta Roy
LM/2020/10624	Eshita Pal	Female	West Bengal	D.Dutta Roy
LM/2020/10625	Udangshri Basumatary	Female	Assam	Dr Indranee P Boroah,
LM/2020/10626	Zohming Mawii	Female	Mizoram	Dr. Rinpari Ralte
LM/2020/10627	Helen Lalramnghahpuii	Female	Mizoram	Dr. Rinpari Ralte
LM/2020/10628	Smita Pagnis	Female	Madhya Pradesh	Dr Reena Rajput
LM/2020/10629	Dr Nitasha Chaubey	Female	Madhaya Pradesh	Dr Reena Rajput
LM/2020/10630	Alok Anand	Male	Bihar	Manoj Kumar
LM/2020/10631	Shreyanshi Shailesh Sata	Female	Gujarat	Dr. Panch Ramalingam
LM/2020/10632	S.Uma Saravanan	Female	Tamilnadu	S.Uma
LM/2020/10633	K. Antony Vinoth Kumar	Male	TamilNadu	Dr. S. Sasikala,
LM/2020/10634	Ritu Bohra	Female	Rajasthan	Anita chauhan
LM/2020/10635	Krishna kumar dwivedi	Male	Uttar Pradesh (UP)	Dr. Panch Ramalingam
LM/2020/10636	Chaitali Madan	Female	Maharashtra	Esther Pachuau
LM/2020/10637	Dr. Mousami Thapa	Female	Himachal Pradesh	Dr. Anita Chauhan
LM/2020/10638	Sumnima Rai	Female	West bengal	Dr Satyananda Panda



Member No	Name	Gender	State	Proposed by.
LM/2020/10639	Ashish Kumar Gupta	Male	Uttar Pradesh (UP)	By friend Aftab Ahmad
LM/2020/10640	Dr Uma Shanker	Male	Uttarakhand	Dr sandhya mishra
LM/2020/10641	Tapashi Saha	Female	Tripura	Deepa Ghash
LM/2020/10642	Shubhangi Sharma	Female	West Bengal	Debdulal Dutta Roy
LM/2020/10643	Lakyntiewdor Paswett	Female	Meghalaya	Zebalda R Dkhar
LM/2020/10644	Vashali Srivastava	Female	Utter Pradesh	Dr. Panch. Ramalingam
LM/2020/10645	Divya Arun	Female	Utter Pradesh	V. Kamini
LM/2020/10646	Dr Gitanjali Roy	Female	Gujarat	Dr Reena Rajput
LM/2020/10647	Sehar Qureshi	Female	Jammu & Kashmir	Dr Zafar Iqbal
LM/2020/10648	Bawandakmen Lyngdoh	Female	Meghalaya	Zebalda
LM/2020/10649	Saranya	Female	Tamilnadu	Dr Santhanam
LM/2020/10650	Dr Geetanjali Poon Terang	Female	Meghalaya	Dr Zebalda Restia
LM/2020/10651	Pallabi Ray	Female	Assam	D Dutta Roy
LM/2020/10652	Prof. Elizabeth Hangsing	Female	Arunachal Pradesh	Dr. Panch. Ramalingam
LM/2020/10653	Suresh A S	Male	Tamil Nadu	Dr G Rajmohan
LM/2020/10654	Manju Bhagtani	Female	Telangana	Dr. Panch. Ramalingam
LM/2020/10655	Kumar Pal	Male	Haryana	Dr. Panch. Ramalingam
LM/2020/10656	Dr. Maribon Viray	Female	Meghalaya	Dr. R.J Solomon
LM/2020/10657	Naween Rakesh Tirkey	Male	West Bengal	Dr. Panch Ramaligam
LM/2020/10658	Diana Chiu Tangsong	Female	Meghalaya	Zebalda Dkhar
LM/2020/10659	C Nukshilemla	Female	Nagaland	C Nukshilemla
LM/2020/10660	Daewon Nongrem	Male	Meghalaya	Dr.Pynhun Pakma
LM/2020/10661	Dr Vandana Singh	Female	Delhi	Anita Chauhan
LM/2020/10662	Dr.Rachna Sharma	Female	Jharkhand	Anita Chauhan
LM/2020/10663	Anuradha	Female	Punjab	Dr. Panch Ramaligam
LM/2020/10664	Leenaswu	Female	Nagaland	Dr. Zavise Rume
LM/2020/10665	Aatman Avinash Thaker	Male	Gujarat	Dr. Panch. Ramalingam
LM/2020/10666	Sangeeta Dey	Female	Tripura	Dr. Deepa Ghosh,
LM/2020/10667	Shipra	Female	Haryana	Mrs. Madhu Anand
LM/2020/10668	Pynhun Pakma	Female	Meghalaya	Zebelda Dkhar
LM/2020/10669	Dr. Sarita Sood	Female	Jammu and Kashmir	Dr. D. Dutta Roy
LM/2020/10670	Zeba Ziyauddin khan	Female	Uttar Pradesh	Vishal Yadav Sir
LM/2020/10671	Dr. Anjana S. Chauhan	Female	Gujarat	Dr. Panch. Ramalingam
LM/2020/10672	Dr. Temsusenla Jamir	Female	Nagaland	Dr. Imlisongla Longkumer
LM/2020/10673	Dr. Nisanth P.M.	Male	Arunachal Pradesh	Prof. Elizebath Hangsing
LM/2020/10674	Bhumika Pant	Female	Gujarat	Dr. Panch Ramaligam
LM/2020/10675	Shamurailatpam Berina Devi	Female	Tripura	Asem Babina
LM/2020/10676	Archana Dubey	Female	Bihar	Archana Dubey
LM/2020/10677	Dr. Shakti	Female	Uttar Pradesh	Dr. N.K. saxena
LM/2020/10678	Sourav Hossen	Male	Rajasthan	Dr. Deepa Ghosh
LM/2020/10679	Kavya Siddeshwar	Female	Tamilnadu	Dr. Panch. Ramalingam
LM/2020/10680	Alphonsa Diana Haokip	Female	Arunachal Pradesh	Prof.Elizabeth Hangsing
LM/2020/10681	Sony Gill	Female	Meghalaya	Dr. Zebalda Restia Dkhar
LM/2020/10682	Yasmine Dutta	Female	Assam	Dr.Indraneen Barooah
LM/2020/10683	Madhuchanda Choudhury	Female	Tripura	Dr.Deepa Ghosh
LM/2020/10684	Dr.Lalremruati Pachuau	Female	mizoram	Dr.Rinpari Ratle
LM/2020/10685	Isha joshi	Female	Madhya pradesh	Dr. Reena singh
LM/2020/10686	Satlenmang Kipgen	Male	Arunachal Prasesh	Prof. Elizabeth Hangshing, RGU
LM/2020/10687	Allwyn Mendoz	Male	Arunachal Pradesh	Dr. Panch. Ramalingam
LM/2020/10688	Sushma Lama	Female	Assam	Dr. Rita Rani Talukdar
LM/2020/10689	H.T. Malsawmtluanga	Male	Mizoram	Dr.Rinpari Ralte

Member No	Name	Gender	State	Proposed by.
LM/2020/10690	Lalrinfeli Khiangte	Female	Mizoram	Dr.Rinpari Ralte
LM/2020/10691	Bornali Saikia	Female	Assam	Dr. Elizabeth
LM/2020/10692	Smriti R Sethi	Female	Haryana	Dr. Panch ramalingam
LM/2020/10693	Apurba Ganguly	Male	West Bengal	Dr. Panch. Ramalingam
LM/2020/10694	Dr. Km. Arti	Female	Uttar Pradesh	Dr. Panch. Ramalingam
LM/2020/10695	Darshana Bordoloi	Female	Assam	Dr. Panch. Ramalingam
LM/2020/10696	Dr. Joysree Das	Female	Tripura	Dr. Deepa Ghosh
LM/2020/10697	Dai Haring	Male	Arunachal Pradesh	Dr. Elizabeth Hangsing
LM/2020/10698	Dr.Neerja Gautam	Female	Punjab	Dr. Panch. Ramalingam
LM/2020/10699	Dr.Niengtinkim Gangte	Female	Manipur	Prof.Elizabeth
LM/2020/10700	Saswati Chutia	Female	Assam	Prof. Ramalingam
LM/2020/10701	Sian Lalchhandami	Female	Mizoram	Dr. Panch. Ramalingam
LM/2020/10702	Dr Aruna Singhal	Female	Uttar Pradesh	Dr. Panch. Ramalingam
LM/2020/10703	Medha shrivastava	Female	Madhya Pradesh	Dr. Panch. Ramalingam
AM/2020/10704	Yajneesh Tekchnd	Male	Maharashtra	Dr. Panch. Ramalingam
AM/2020/10705	Fieka Chowdhary	Female	Jammu & Kashmir	Dr Mir Zafar Iqbal
AM/2020/10706	Anjum sehar	Female	Jammu and kashmir	Dr. Zafar iqbal
LM/2020/10707	Dr. F. Lalrinzuali	Female	Mizoram	Dr.Rinpari Ralte
LM/2020/10708	Arup Biswas	Male	West Bengal	Dr. Panch. Ramalingam
LM/2020/10709	Lalthlanchhuaha	Male	Mizoram	Dr.Rinpari Ralte
LM/2020/10710	Indu Sharma	Female	Madhya Pradesh	Rajesh Gherewal
LM/2020/10711	Lalmuanzuali	Female	Mizoram	Dr.Rinpari Ralte
LM/2020/10712	Lalrintluangi	Female	Mizoram	Dr.Rinpari Ralte
LM/2020/10713	C Lalfamkima Varte	Male	Mizoram	Dr.Rinpari Ralte
LM/2020/10714	Dr. Bidita Das	Female	Assam	Dr. Sabiha Alam Choudhury
LM/2020/10715	Dr. Lalchhuanmawii	Female	Mizoram	Dr.Rinpari Ralte
LM/2020/10716	Dr. Harini C	Female	Maharashtra	Dr. Panch. Ramalingam
LM/2020/10718	Sonisha Rimai Syiem	Female	Arunachal Pradesh	Dr. Panch. Ramalingam
LM/2020/10719	Rasagna Reddy	Female	Tamil Nadu	Dr. Panch. Ramalingam
AM/2020/10719	Mehraj ud Din Rather	Male	Jammu & Kashmir	Dr. Nighat Basu
AM/2020/10720	Mehvish Fayaz Bhat	Female	jammu and kashmir	Dr Mir Zaffar Iqbal
LM/2020/10721	Yonmin Tayeng	Male	Arunachal pradesh	Dr. Nisanth PM
AM/2020/10722	Dr. Veena M.s	Female	Karnataka	Dr. Panch. Ramalingam
LM/2020/10723	Dr. Roshan Lal Zinta	Male	Himachal Pradesh	Dr. Panch. Ramalingam
AM/2020/10724	Masrat Majeed	Female	Jammu and Kashmir	Dr zaffar iqbal
AM/2020/10725	magliqa noor	Female	jammu and kashmir	Dr. Mir zafar iqbal
LM/2020/10726	Anoma Modak	Female	West Bengal	Dr. D. Dutta Roy
AM/2020/10727	Kangna Chawla	Female	Madhya Pradesh	Dr. Reena Singh
AM/2020/10728	Smita Ghosh	Female	Gujarat	Dr. Panch. Ramalingam
LM/2020/10729	Jyotsana Harjai	Female	Himachal Pradesh	Dr Sunita Malhotra
LM/2020/10730	Dr. Shakila Azim	Female	Bihar	Dr. G. P Thakur
LM/2020/10731	Poonam Gupta	Female	Madhya pradesh	Arun Sarkar
AM/2020/10733	Sharmada Gautham	Female	Tamil Nadu	Dr Ramalingam
LM/2020/10734	Rakesh Kumar Pandey	Male	Uttar Pradesh	Dr Rajendra Singh Rajput
AM/2020/10735	Vinayaka Rao Ganagalla	Male	Andhra Pradesh	Dr. MVR Raju
LM/2020/10736	Sughi Biju	Female	Kerala	Reena Madhu
LM/2020/10737	Manisha Tyagi	Female	Maharashtra	Dr. Panch. Ramalingam
LM/2020/10738	Sumona Datta	Sumona Datta	West Bengal	Dr. D. Dutta Roy
LM/2020/10739	Arthy Sriram	Female	Tamil Nadu	Dr. Panch. Ramalingam
LM/2020/10740	Rama Chakraborty	Female	Tripura	Dr. Deepa Ghosh
LM/2020/10741	Nija Benny	Female	Kerala	Reena Madhu



InSPA Awards 2020

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 2020 for the following awards:

SI No	Award	RECIPIENT OF AWARD	Instituted by
1	Cash Award Rs.10000/- With certificate of Appreciation	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.	
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.	

SI No	Award	RECEIPT OF AWARD	Instituted by
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.	
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.	
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 Decisions

Indian School Psychology Association (InSPA)

Puducherry, India
Minutes of the Governing Council Meeting

First Governing Council Meeting of the Indian School Psychology Association was held on Thursday, 02.04.2020 at 4.00 pm through online using Zoom.



Members Present

1 President	Dr. Panch. Ramalingam
2 Vice President	Prof. Indranee Phookan Borooah
3 Vice President	Dr. R.J.Solomon
4 Secretary	Prof. Zokaitluangi
5 Joint Secretary	Dr. (Smt). Suneetha J Hangal
6 Treasurer	Dr. S. Suresh

Dr. Panch. Ramalingam, President, InSPA presided over the meeting. He has welcomed the new council members and briefly mentioned about the recent activities of the InSPA. Then, the following agenda items discussed and approved:

01/2020 To confirm the minutes of the 12th General Body Meeting held at Pandit Deendayal Petroleum University, Gandhinagar on 14.11.2019

The minutes of the last GBM unanimously confirmed and the action taken by the InSPA noted (12th GBM minutes in Annexure I).

02/2020 To change the signatories to operate the bank account in the Indian Bank, Puducherry

Unanimously approved Dr. Panch. Ramalingam, President and Dr. S. Suresh, Treasurer of the Indian School Psychology Association to jointly operate all bank transactions in the Indian Bank, Lawspet Branch, Puducherry from 1.4.2020 to 31.3.2023.

03/2020 To consider and approve the 11th Annual Report with statement of audited accounts for the year 2019-20

Approved and assigned the responsibility with Dr. Suneetha J Hangal for preparing 11th annual report with statement of audited accounts for the year 2019-20 within two months for presenting before the next General Body meeting.

04/2020 To consider and approve the InSPA budget proposal for 2020 – 21

Considered and approved the InSPA budget proposal for the year 2020–21 (*Budget is in Annexure II*)

05/2020 To consider and approve the action plan for conduct of 10th InSPA International conference in November, 2019 at Aligarh Muslim University, Aligarh

It was unanimously approved the proposal by Prof. Shah Alam for the successful conduct of the 10th InSPA International conference on 7 – 9 November, 2020 at Aligarh Muslim University, Aligarh.

06/2020 To consider and approve the amendment to the rules and regulations of the InSPA and list of Conveners for three years (2020-23).

Approved the list in Annexure III and IV

07/2020 To consider and approve institution of a new award namely "Prof. Gurmeet Singh InSPA Excellence Award" to encourage the InSPA Members with cash award of Rs.10,000/- for best performing member of InSPA.

Considered and approved institution of a new award namely "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:

- Enrolling members – each enrolment gets one point for regular member and two points for life member
- Publication of paper related to school psychology – each paper gets 20 points
- 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.

08/2020 Any other item with the permission of the Chair:

1. **Approved the list of member benefits with new application for membership as follows:**
 - i. National level recognition as Professional membership in the InSPA
 - ii. Getting two issues of the InSPA Journal of Applied and School Psychology in January and July free of cost for one year. Followed Rs.1000/- for three year subscription.
 - iii. Subsidized rate for National and International conference participation
 - iv. 50% reduced price for InSPA Publications.
 - v. Priority will be given for members to publish research papers in SCOPUS and UGC Care listed Journals.
 - vi. Opportunities will be provided to participate in the International conferences.
2. **Approved the request of Prof. S. Thenmozhi, Professor and Head, Department of Counseling**

Psychology, Madras University, Chennai for submitting the detailed proposal for conduct of 11th InSPA International Conference in October 2021.

3. **Approved the proposal of preparing Action plan 2020-2023 to be sent to all members of InSPA.**
4. **Prof. Indranee Phookan Borooh has agreed to strengthen the InSPA activities in the North East region by enrolling more members.**
5. **Dr. Solomon has desired to find out the possibilities to conduct our conference in Shillong**
6. **Dr. S. Suresh has expressed his views to form suitably coined term for focus group activities of InSPA.**
7. **The meeting of the Council of Representatives of InSPA will be held on 10th April 2020 at 4.00 pm by online with Zoom.**

The meeting ended with proposing a vote of thanks to the Chair.

President, InSPA

Secretary, InSPA

Indian School Psychology Association (InSPA)

First National Council Meeting of the InSPA

Minutes of the First National Council meeting of the InSPA was held on Friday 10th April, 2020 at 4.00 pm by online using Zoom. Dr. Panch. Ramalingam, President, InSPA presided the meeting.



The following members of the Governing Council were present:

- | | |
|--------------------|-------------------------------|
| 1. President | Dr. Panch. Ramalingam |
| 2. Vice President | Prof. Indranee Phookan Borooh |
| 3. Vice President | Dr. R.J.Solomon |
| 4. Secretary | Prof. Zokaitluangi |
| 5. Joint Secretary | Dr. (Smt). Suneetha J Hangal |
| 6. Joint Secretary | Dr. Shah Alam |
| 7. Treasurer | Dr. S. Suresh |

The following State Conveners joined the online meeting:

8. Dr. D. Rajendran, Joint Director (Rd), Tamil Nadu, Chennai
9. Dr. N.V.S. Suryanarayana, Vizianagaram

<p>10. Dr. Sabiha Alam Choudhury, Assam</p> <p>11. Dr. Manoj Kumar, Bihar</p> <p>12. Dr. Janet Fernandese D'Souza, Goa</p> <p>13. Dr. Neeta Sinha, Gujarat</p> <p>14. Dr. Madhu Anand, Rohtak</p> <p>15. Prof. Nighat Basu, Kashmir</p> <p>16. Dr. Jayasankara Reddy, Bengaluru</p> <p>17. Dr. Baby Shari, Kerala</p> <p>18. Dr. Reena Singh, Bhopal</p> <p>19. Dr. Priscilla Paul, Mumbai</p> <p>20. Dr. Rinpari Ralte, Mizoram</p> <p>21. Dr. Zavise Rume, Kohima</p> <p>22. Dr. Madhavalatha Maganti Kari, Delhi</p> <p>23. Dr. Jagpreet Kaur, Patiala</p> <p>24. Dr. TJMS Raju, Sikkim</p> <p>25. Prof. S. Thenmozhi, Chennai</p> <p>26. Dr. V. Ramachandram, Telangana</p> <p>27. Dr. Deepa Ghosh, Tripura</p> <p>28. Prof. N.K. Saksena, Kanpur</p> <p>29. Dr. Sandhya Mishra, Dehradun</p> <p>30. Dr. Debbulal Dutta Roy, West Bengal</p> <p>31. Mrs. Kamini, Chennai</p> <p>Dr. A. Shahin Sultana, Pondicherry University and Dr. Sneha Bansal, Chandigarh expressed their inability to attend the meeting</p>	<p>03/2020 To consider and approve training modules for state level workshop for school children, teachers and parents</p> <p>Considered and approved the workshop training modules for school teachers for the year 2020 – 2021 (Annexure 2).</p> <p>04/2020 To prepare list of state level experts to conduct InSPA workshops</p> <p>Members expressed that they will submit the list of experts in their state for consideration in the next meeting</p> <p>05/2020 To consider and approve state level activities to provide School Psychology Services and funding</p> <p>Considered and approved the state level activities of the conveners by mobilising own resources to conduct the workshops and School Psychology related activities.</p> <p>06/2020 To consider suggestive measures for coordination among members of the States and Union Territories</p> <p>Considered and approved to send the list of members to the state conveners for coordination as well as enrolling new members. Those who are enrolling 25 and more members will be appreciated with Golden Member Certificate.</p> <p>07/2020 To consider and approve creation of School Counselors Forum</p> <p>Considered and decided to discuss in the next meeting to finalise the strategies.</p> <p>08/2020 Any other item with the permission of the Chair</p> <ol style="list-style-type: none"> 1. The InSPA headquarters will provide workshop banner, workshop material, and certificates to all the states. 2. The State conveners are to plan for arranging the workshop well in advance to get the serial number of the Workshop from the InSPA 3. Next meeting to be held on Tuesday 28th April 2020 at 4.00 pm by Online using Zoom. 4. The meeting ended with proposing thanks to the Chair.
<p>01/2020 Welcome Address by the President, InSPA. Brief Introduction and self-introduction of Office bearers and State Conveners</p> <p>Dr. Panch. Ramalingam, President, InSPA welcomed all the members present online and all the members briefly introduced themselves and expressed their happiness in joining the meeting.</p> <p>President briefed about how to conduct well-structured InSPA workshops to the school teachers by inviting experts in the concerned field. It was clarified that the certificate would be issued by InSPA with the signature of President, Secretary, State Convener and Head of the host Institution.</p>	<p>02/2020 To consider and approve Action Plan (2020 – 2023) for InSPA activities</p> <p>Considered and approved the Action Plan for 2020-2021 (Annexure 1)</p>
	<p>Dr. Panch. Ramalingam President, InSPA</p> <p>Date: 12.04.2020</p>

Indian School Psychology Association (InSPA)

13th InSPA Annual General Body Meeting by using online Zoom

Minutes of the 13th General Body Meeting of the InSPA held on 14th and 15th April, 2020 at 4.00 pm by online meeting using Zoom. Dr. Panch. Ramalingam, President, InSPA has chaired the meeting.

Members Present: 29

The following Items were discussed and Resolutions Passed

01/2020 To confirm the minutes of the 12th General Body Meeting held at Pandit Deendayal Petroleum University, Gandhinagar on 14.11.2019

Dr. Panch. Ramalingam, President, InSPA welcomed and briefly introduced new Office bearers, State Conveners to the members followed by Members present have introduced themselves.

Then, the action taken on the minutes of the 12th General Body Meeting held at Pandit Deendayal Petroleum University, Gandhinagar on 14.11.2019 was noted and confirmed (*Annexure I*).

02/2020 To consider and approve the 11th Annual Report with statement of audited accounts for the year 2019-20

Approved and assigned the responsibility to Dr. Suneetha J Hangal for preparing 11th annual report with statement of audited accounts for the year 2019-20 within two months.

03/2020 To consider and approve the InSPA budget proposal for 2020 – 21

Considered and approved the InSPA budget proposal for the year 2020–21 (*Budget is in Annexure II*)

04/2020 To consider and approve the action plan for conduct of 10th InSPA International conference on 7th – 9th November, 2020 at Aligarh Muslim University, Aligarh

It was unanimously approved the proposal by Prof..Shah Alam for successful conduct of the 10th InSPA International conference on 7th – 9th November, 2020 at Aligarh Muslim University, Aligarh.

05/2020 To consider and approve the amendment to the rules and regulations of the InSPA and list of Conveners for three years (2020-23).

Approved the list in Annexure III

06/2020 To consider and approve action plan (2020 – 2023) for InSPA activities

Considered and approved the minutes of the National Council Meeting held on 10.4.2020. The action plan was approved in annexure IV.

07/2020 To consider suggestive measures for coordination among members of the States and Union Territories

Approved the list of InSPA member benefits with new application for membership as follows:

- i. National level recognition as Professional membership in the InSPA
- ii. Getting two issues of the InSPA Journal of Applied and School Psychology in January and July free of cost for one year and followed by Rs.1000/- for three year subscription.
- iii. Subsidized rate for National and International InSPA conference participation
- iv. 50% reduced price for InSPA Publications.
- v. Priority will be given for members to publish research papers in SCOPUS and UGC Care listed Journals.
- vi. Opportunities will be provided to participate in the International conferences.

08/2020 To consider and approve creation of School Counselors Forum

Considered and approved to issue certificate of authorization for online Counseling from InSPA to the Counselors by adopting standardised procedure. A three-member committee consists of (i) Prof. Jayasankar Reddy, Christ University (ii) Prof. S. Thenmozhi, Madras University National Coordinator) and Prof. Zavice Rune, Nagaland-will look into the matter on priority for further action. Mrs. Kamini will be the monitor of the online Counseling.

The application form for registration will be accepted and list of online Counselors is to be posted in our website.

09/2020 Any other item with the permission of the Chair.

The following nominations have been made to strengthen the InSPA activities:

1	Newsletter Editor	Dr. Neeta Sinha Pandit Deendayal Petroleum University, Gandhinagar
2	Newsletter Associate Editor	Dr. Arti Koul Kachroo, Faridabad
3	InSPA Journal Editor	Dr. Panch. Ramalingam, Puducherry
4	InSPA Journal Associate Editors	Dr. Yogini Nath, Chennai and Dr. Mira Shah, Mumbai
5	InSPA Workshops National Coordinator	Dr. D. Rajendran, Chennai
6	InSPA Children Assembly National Coordinator	Dr. S. Renuka Devi, Chennai
7	InSPA Research and Development National Coordinator	Dr. M.V.R. Raju, Visakhapatnam
8	Membership Coordinator (Life Members)	Dr Rinpari Ralte, Mizoram
9	Membership Coordinator (Regular Members)	Ms. Rebacca, Mizoram
10	InSPA Counselors Forum - Monitor	Mrs V. Kamini, Chennai

Prof. Zokaitluangi, Secretary, InSPA proposed a vote of thanks to those who were present at the meeting.

Dr. Panch. Ramalingam

Date: 15.04.2020

President, InSPA

Indian School Psychology Association (InSPA)

Second Governing Council Meeting of the InSPA

Minutes of the Second Governing Council Meeting of the InSPA held on 20.04.2020 at 4.00 pm noon by online using Zoom. Dr. Panch. Ramalingam, President, InSPA has chaired the meeting.



Members Present:

The following Items were discussed and Resolutions Passed

09/2020 To confirm the minutes of the Governing Council Meeting held on 2.4.2020 (Annexure -1)

Unanimously confirmed action taken on minutes of the first meeting of the Governing Council held on 2.4.2020

10/2020 To consider and approve the list of members enrolled from 1.4.2020 to 18.4.2020 (Annexure -2)

Unanimously approved the list of members enrolled No. 435 to 523. The list is in annexure -2.

11/2020 To consider and approve the action plan for 2020-2021 (Annexure – 3)

Unanimously approved the action plan for the year 2020 – 2021 in annexure 3

12/2020 To consider and approve the list of Counselors for online Counseling (to be presented by the sub committee)

Unanimously approved the list of on line Counselors submitted by Prof. S. Thenmozhi in annexure 4

13/2020 Any other item with the permission of the Chair

1. Approved the proposal of conducting three day webinar on school psychology from 23.4.2020 to 25.4.2020 by Dr. Jagpreet Kaur, State Convener, Punjab
2. Approved the proposal of conducting webinar on school psychology on 1st May.2020 by Dr. Sneha Bansal, State Convener, Chandigarh
3. Approved the proposal of conducting webinar on school psychology: Special education by Dr. T. Santhanam, Chennai

Dr. Zokaitluangi, Secretary, InSPA proposed a vote of thanks to the members present.

Dr. Panch. Ramalingam

President, InSPA

Indian School Psychology Association (InSPA)

3rd Governing Council Meeting

Minutes of the Third Governing Council Meeting of the InSPA held on 09.05.2020 at 4.00 pm by online using GoToMeeting. Dr. Panch. Ramalingam, President, InSPA has chaired the meeting and welcomed the members present. There were seven Governing Council Members and 16 State Conveners attended the meeting.

The following Items were discussed and Resolutions Passed

14/2020 To confirm the minutes of the Governing Council Meeting held on 20.4.2020

Unanimously confirmed action taken on minutes of the second meeting of the Governing Council held on 20.4.2020. It was noted that some of the State Conveners were expressed their inability and replaced new conveners in place of them. The updated list of nominated State/UT conveners is in annexure 1

15/2020 To consider and approve the list of new members enrolled until 8.5.2020

Unanimously approved the list of members presented by Dr. Rinpari as new Life Members and Annual Members (Membership number 524 to 640) as given in Annexure 2

16/2020 To consider and approve the list of InSPA experts to conduct workshops for School teachers in 2020 – 2021

Considered and approved the list of InSPA Resource Persons to conduct workshops for School teachers in 2020 – 2021 (Annexure 3). It was also observed that to maintain the quality of the sessions the Resource Persons at the level of Associate Professor or equivalent included.

17/2020 To consider and approve Prof. S. Sultan Akhtar National Champion award 2020 for PG Students in Psychology

Considered and approved Prof. S. Sultan Akhtar National Champion award 2020 for PG Students in Psychology to conduct essay competition. Prof. Bhupinder Singh, Bhopal has been nominated as National Coordinator for this year

18/2020 To consider and approve Prof. K.V. Kaliappan National Champion award 2020 for UG Students in Psychology

Considered and approved Prof. K.V. Kaliappan National Champion award 2020 for UG Students in Psychology to conduct Poster competition. Dr. Kalyani Kenneth has been nominated as National coordinator for this year

In addition, unanimously approved to conduct quiz program named after Prof. Walter Renner National Champion Award 2020 for XI and XII students. Dr. Ajab has been nominated as National coordinator for this year. Details are in Annexure 4

19/2020 To authorize the President and Treasurer to merge three deposits of each Rs. one lakh into one deposit

Unanimously approved to merge three deposits of each Rupees One Lakh into Three Lakhs. In addition, Rupees Three Lakhs will also be deposited in fixed deposit for one year in the Indian Bank.

20/2020 To authorize M/S Global Technology, Chennai to host and maintenance of our website with payment portal.

Unanimously approved M/S Global Technology, Chennai to host and maintain our website www.inspa.org for Rs.18000/- as domain and maintenance charges for three years. In addition, Rs. 11,000/- for creating with Razorpay payment portal allowing 2% service charges for all payments received through website.

21/2020 To consider InSPA Calendar of events for 2020

Considered and approved InSPA calendar of events based on our action plan 2020-2021 (Annexure 5)

22/2020 Any other item with the permission of the Chair

1. Unanimously approved the proposal of Prof. Naghat Basu, State Convener, Jammu and Kashmir to conduct Three Days Online Workshop in collaboration with Department of Education, Central University of Kashmir from 18.5.2020 to 20.5.2020.(Annexure 6)
2. Unanimously approved the InSPA Anthem written by Prof. P. Bhaskaran Nair, Pondicherry University (Annexure 7).
3. Unanimously approved the detailed action plan 2020-2021 with updated details (Annexure 8)
4. Unanimously approved ID cards for 206 new members (No 435 to 640) joined from 1.4.2020 to 8.5.2020
5. Unanimously approved the list of Counselors for online Counseling through our website (Annexure 9)
6. Keeping in view of the present COVID19 crisis, unanimously approved the revised budget for 2020 – 2021 (Annexure 10)

7. Unanimously approved the Conference manual, agreement and brochure submitted by Prof. Shah Alam, Organizing Secretary for 10th InSPA International Conference at Aligarh Muslim University, Aligarh. (Conference manual in Annexure 11 and brochure in Annexure 12)
8. Unanimously approved the revised Structure of the InSPA Awards 2020 (Annexure 13)

9. It was approved to convene our next council meeting on 13.6.2020 by using online Zoom

Dr. Zokaitulangi, Secretary, InSPA proposed a vote of thanks to the Chair and members present.

Dr. Panch. Ramalingam

President, InSPA

Indian School Psychology Association (InSPA)

4th Meeting of the Governing Council

Minutes of the Fourth Governing Council Meeting of the InSPA held on 13.06.2020 at 4.00 pm by online using Zoom. Dr. Panch. Ramalingam, President, InSPA has chaired the meeting and welcomed the members present.

The following Items were discussed and Resolutions Passed

23/2020 To confirm the minutes of the Governing Council Meeting held on 09.5.2020

Unanimously confirmed action taken on minutes of the third meeting of the Governing Council held on 09.5.2020. In addition to the existing State Conveners, Prof. Elizabeth Hangsing, Rajiv Gandhi University, Arunachal Pradesh has been nominated as State Convener for Arunachal Pradesh. Ms. Sudha Gupta, Delhi has been nominated as new editor of the InSPA Newsletter. New nominations and list of experts have to be incorporated in the action plan 2020-2021 (Annexure 1)

24/2020 To consider and approve the list of new members enrolled until 13.6.2020

Unanimously approved the list of members presented by Dr. Rinpari as new Life Members and Annual Members (Membership number 641 to 719) as given in Annexure 2

25/2020 To consider and approve the guidelines for Prof. S. Sultan Akhtar National Champion award 2020 for PG Students in Psychology

Considered and approved the guidelines for Prof. S. Sultan Akhtar National Champion award 2020 for PG Students in Psychology to conduct essay competition (Annexure 3)

26/2020 To consider and approve the guidelines for Prof. K.V. Kaliappan National Champion award 2020 for UG Students in Psychology

Considered and approved the guidelines for Prof. K.V. Kaliappan National Champion award 2020 for UG Students in Psychology to conduct Poster competition (Annexure 4)

27/2020 To consider and approve the guidelines for Prof. Walter Renner National Cham-

pion Award 2020 for XI and XII students.

Considered and approved the guidelines to conduct quiz program named after Prof. Walter Renner National Champion Award 2020 for XI and XII students. (Annexure 5)

28/2020 To authorize M/S Global Technology, Chennai to issue receipts certificates and photo ID cards through website www.inspa.org

Unanimously approved M/S Global Technology, Chennai to host and maintain our website www.inspa.org and issue required services to the members enrolled such as issue of receipt, ID card, and Certificate from membership number 720.

Registration for Conference and Events are also done through website.

29/2020 To consider InSPA Calendar of events for 2020

Considered and approved InSPA calendar of events for the month of July 2020 based on our action plan 2020-2021 (Annexure 6)

30/2020 Any other item with the permission of the Chair

1. Unanimously approved conduct an international webinar on Helping Children at Home in July 2020 with the collaboration of APSPA. (Annexure 6)

2. Unanimously approved to authorize Prof. R. Gopalakrishna, Bangalore to compose musical tune to the InSPA Anthem written by Prof. P. Bhaskaran Nair, Pondicherry University by allowing total expense of Rs. 10,000/-.

3. It was approved to convene our next council meeting on 01.8.2020 by using online Zoom

Dr. Zokaitluangi, Secretary, InSPA proposed a vote of thanks to the Chair and members present.

Dr. Panch. Ramalingam

President, InSPA

Governing Council of the InSPA (2020-2023):

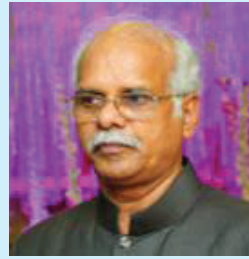
The management of the affairs of the Association is entrusted in accordance with the Rules and Regulations of the Association to the Governing Council of the Association:



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



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



**President
Dr. Panch. Ramalingam
Puducherry**



**Secretary
Prof. Zokaitluangi
Mizoram**



**Treasurer
Dr. S. Suresh
Puducherry**



**Vice President
Prof. Indranee Phookan
Borooah
Guwahati**



**Vice President
Dr. R.J. Solomon
Mumbai**



**Joint Secretary
Dr. Shah Alam
Aligarh**



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

National Co-ordinators



**Dr. Panch. Ramalingam
InSPA Journal Editor**



**Dr. S. Renukadevi
Children Assembly**



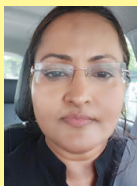
**Dr. MVR Raju
Research and Development**



**Dr. Yogini Nath
School Psychology Training**



**Dr. D. Rajendran
School Teachers' Workshop**



**Sudha Gupta
Newsletter Editor**



**Dr. Rinpari Ralte
Webinar Coordinator**



**Prof. S. Thenmozhi
Online Counselling**



**Dr. Rebecca Lalundiki
Membership Coordinator**



**Mrs. V. Kamini
Online Counselling
Monitor**



**Dr. T. Santhanam
Workshop on Special
Education**



**Dr. Sarah Manickaraj
Game Based Therapy**



**Dr. G. Kulandaivel
Online Programs**



**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**



**V. Ramachandran
Teaching of School
Psychology**

InSPA State Conveners

(09.05.2020 to 31.03.2021)

Sl No	State	Convenor	Sl No	State	Convenor
1	Andaman and Nicobar Islands Dr Bency Joy , Port Blair Email : bencyjoy2@gmail.com Mobile : 94342 76617		11	Himachal Pradesh Dr Anita Chauhan Email : Mobile : 86269 78575	
2	Andhra Pradesh Dr. N.V.S. Suryanarayana Vizianagaram Email : suryanarayanapistala@gmail.com Mobile : 96666 33885		12	Jammu and Kashmir Prof. Nighat Basu , Kashmir Email : nighatbasu112@gmail.com Mobile : 99061 35220	
3	Arunachal Pradesh Prof. Elizabeth Hangsing Doimukh Email : ehansingrgu@yahoo.co.in Mobile : 94360 44862		13	Jharkhand Dr. Sadique Razaque , Hazaribag Email : sadiquerazaque@gmail.com Mobile : 88251 40732	
4	Assam Dr. Sabiha Alam Choudhury Email : sabiha.choudhury@dbuniversity.ac.in Mobile : 76700 26969		14	Karnataka Dr. Jayasankara Reddy, K , Bangaluru Email : jayashankarblr@gmail.com Mobile : 98451 20091	
5	Bihar Dr. Manoj Kumar Email : manojshd2011@gmail.com Mobile : 98356 17781		15	Kerala Dr. Baby Shari , Calicut Email : sharipadiyath@yahoo.com Mobile : 98468 39369	
6	Chandigarh Dr. Sneh Bansal Email : sneh.bansal40@gmail.com Mobile : 92164 13124		16	Madhya Pradesh Dr. Reena Singh Email : psychovisionbpl@gmail.com Mobile : 94250 80444	
7	Chhattisgarh Dr Amba Sethi , Raipur Email : ambasethi@gmail.com Mobile : 97555 90404		17	Maharashtra Dr. Priscilla Paul , Mumbai Email : drpriscilla@rediffmail.com Mobile : 98212 57198	
8	Goa Dr. Janet Fernandes e D'Souza Email : drjanet2307@gmail.com Mobile : 98237 09003		18	Manipur Dr. Asem Babina , Manipur University Email : drpriscilla@rediffmail.com Mobile : 93780 75488	
9	Gujarat Dr. Neeta Sinha Email : neetasinha2@gmail.com Mobile : 97121 50720		19	Meghalaya Dr Zebalda Restia , Shillong Email : zebaldarestia@gmail.com Mobile : 8794793526	
10	Haryana Dr. Madhu Anand , Rohtak Email : dranandmadhu@gmail.com Mobile : 94160 51114		20	Mizoram Dr. Rinpari Ralte Email : pariralte77@gmail.com Mobile : 94361 58367	
			21	Nagaland Dr. Zavis Rume , Kohima Email : zavisrume3@gmail.com Mobile : 81189 26230	

SI No	State	Convenor	SI No	State	Convenor
22	NCT of Delhi Dr. Munnoo Khan , JMI, New Delhi Email : ---- Mobile : 83828 62489		28	Tamil Nadu Prof. S. Thenmozhi , Chennai Email : sthenmozhi@yahoo.com Mobile : 94440 10099	
23	Odisha Dr. Rajesh Tripathy , Bhubaneswar Email : tripathy.aiish@gmail.com Mobile : 80119 31863		29	Telangana Dr. V. Ramachandran Kakatiya University, Email : vramchandram@gmail.com Mobile : 98493 38969	
24	Puducherry Prof. A. Shahin Sultana Puducherry Email : dr.shahinsultana@gmail.com Mobile : 89033 06712		30	Tripura Dr. Deepa Ghosh Email : deepaghosh71@gmail.com Mobile : 8132023532	
25	Punjab Dr. Jagpreet Kaur , Patiala Email : mahal.jagpreet@gmail.com Mobile : 99142 00649		31	Uttar Pradesh Prof. N.K. Saksena , Kanpur Email : nksaksena@rediffmail.com Mobile : 94150 40256	
26	Rajasthan Dr. Ravi K. Gunthey , Jodhpur Email : ravi.guntheravi@yahoo.co.in Mobile : 70149 50064		32	Uttarakhand Dr. Sandhya Mishra , Dehradun Email : Missworld32001@yahoo.co.in Mobile : 9412037210	
27	Sikkim Dr. Satyananda Panda Email : spanda@cus.ac.in Mobile : 95479 09620		33	West Bengal Dr. Debbulal Dutta Roy , Kolkata Email : dduttaroy@gmail.com Mobile : 9830010547	

InSPA Mile Stones: April - June 2020

Date	Event	Organised by
14.5.2020	13th General Body Meeting	InSPA
19.5.2020	Lecture on Online Professional Skills for Counsellors by Prof. G. Venkatesh Kumar, University of Mysore	InSPA
23.5.2020 - 25.5.2020	Weninar on School Psychology	Dr. Jagpreet Kaur
29.5.2020	Weekly Innovative Lecture Series - 1 Positive Psychology in the Pursuit of Well-being: A Strength Based Approach by Prof. Indranee P. Booroah and Dr. Sabiha Alam Choudhury	InSPA
30.5.2020	Weekly Special Lecture-1 Covid 19: Coping Styles & Enhancing Resilience among Children in South East Asia* delivered by Dr. Parvathy Varma, Assumption University, Bangkok, Thailand	APSPA
31.5.2020	Weninar on School Psychology: Learning Disabilities	Dr. Sneha Bansal
03.6.2020 - 04.6.2020	National Webinar on Life Skills, Mental Health and Well-being	InSPA
04.6.2020	Release of InSPA Action Plan by Prof. Gurmeet Singh	InSPA
05.6.2020	Weekly Innovative Lecture Series - 2 Professional Ethics in School Counselling by Dr. Vasuki Mathivanan	InSPA
06.6.2020	Weekly Special Lecture 2: Cyber Space Behaviour and our Mental Health by Prof. Kamal Uddin, University of Dhaka, Bangladesh	APSPA
12.6.2020	Weekly Innovative Lecture Series - 3 Questionnaire Development Psychometric Essentials by Prof. VSR Vijayakumar	InSPA
13.6.2020	Weekly Special Lecture 3: Reinventing Personality Beyond COVID19 by prof. Ratna Natarajan	APSPA
18.6.2020	Weekly Special Lecture 4: Action Research - Lesson Studies by Prof. Barbara Hanstingl, Kaigenfurt University, Austria	APSPA
19.6.2020	Weekly Innovative Lecture Series - 4 Origami in School Psychology by Dr. N. Gururajan	InSPA
20.6.2020	Weekly Special Lecture 5: Managing Behavioural Problems of Adolescents by Prof. G.P. Thakur, New Delhi	APSPA
23.6.2020	Professional Counselling Certification by Prof. S. Thenmozhi	InSPA
25.6.2020	Special Lecture on School Psychology in The Indian Context for the Students of Ethiraj College for Women, Chennai	InSPA
25.6.2020	Weekly Special Lecture 6: Promoting Mental Health in Children by Prof. William Pfohl, Kentucky University, USA	APSPA
26.6.2020	Weekly Innovative Lecture Series - 5 by Prof. MVR Raju	InSPA
27.6.2020	Weekly Special Lecture 7: Recent Trends in Juvile Delequency by Dr. Md Rahim Kamaluddin, Malaysia	APSPA



INDIAN SCHOOL PSYCHOLOGY ASSOCIATION

Regd Address: #17, 14th Street, Krishna Nagar, Puducherry – 605 008. India

Mobile:+91 - 89033 00609, www.inspa.org, Email: inspaindia@gmail.com

InSPA Competitions for Students (PG, UG, XI & XII Std.)

I. Prof. S. Sultan Akhtar National Champion Award for PG Students

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 1.9.2020 and closes by 15.9.2020. Registration can be sent to inspaindia2020@gmail.com

The competition will be held on 30.9.2020. Details of the guidelines are available at www.inspa.org

Theme: “How can Psychology help us to understand current Covid-19 crisis?”

To answer the question, a three-minute video and essay of less than 3000 words in original handwritten can be scanned and make PDF to send. (The video is to test the originality of the presentation).

Prizes: First Prize: Rs.3000, Second Prize: Rs.2000, Third Prize: Rs.1000

Contact for further details, if any: **Prof. Bhupinder Singh**, National Coordinator, InSPA Competitions.



II. Prof. K.V. Kaliappan National Champion Award for UG Students

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 1.9.2020 and closes by 15.9.2020. Registration can be sent to inspaindia2020@gmail.com

The competition will be held on 30.9.2020. Details of the guidelines are available at www.inspa.org

Theme: “Current Covid-19 crisis is a challenge”

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.



III. Prof. Walter Renner National Champion Award for School Students

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 15.9.2020. Registration can be sent to inspaindia2020@gmail.com

The competition will be held on 30.9.2020. Details of the guidelines available at www.inspa.org

Quiz: The questions will be asked from 11th and 12th standard Psychology text books.

Prizes: First Prize: Rs.3000, Second Prize: Rs.2000, Third Prize: Rs.1000

Contact for further details, if any: **Dr. Ajab Primuswala**, National Co-ordinator, Sishu, 401 Addor ambition, Nr. Navrang circle, Naranpura, Ahmedabad,Gujarat. E-mail ajabprimuswala@gmail.com

All Communications related to competitions can be sent : inspaindia2020@gmail.com

Contact : Whatsapp / Phone : 89033 00609



InSPA National Online Essay Competition – 2020 Guidelines Prof. Sultan Aktar National Champion Award for P.G Students

Essay Competition (PG Level): InSPA proposes a School Psychology national level Essay competition for Post Graduate Students.

Registration: Students can directly register for the competition. Registration opens on 1st Sept. 2020 and closes by 15th Sept. 2020. Registrations can be sent by Google Form or inspaindia@gmail.com.

Competition will be held on 30th Sept. 2020. Details of the guidelines are available at www.inspa.org

Guidelines for Essay Writing:

Online Essay Competition aims at setting a platform for the post graduate students to present their real-time work and segment their outlooks and facets related to the theme of the competition.

Theme: “Current COVID-19 Crisis is a Challenge”

- This competition is open for all students of Post Graduates not above the age of 25).
- The registration form will be open from 1st Sept 2020 and will get closed by 15th Sept 2020. Registrations can be submitted by or inspaindia@gmail.com.

Submission deadline for poster competition will be closed 15 days before the competition date. Hence, all are requested to complete their registrations well in advance.

- Competition will be held on 30th Sept 2020. Details of the guidelines are available at www.inspa.org.
- The registration should include complete details of the contestant (e.g., title, name, age, affiliation, email ID, contact etc). Click in the registration form link given below and submit. (Attach registration form)
- Posters have to be submitted through online or by email to inspaindia@gmail.com.
- All the prize winners of the poster competition will be communicated through email.
- Decisions of the judges will be the final.

An essay of 3000 words neatly typed in MS word format and save as pdf can be sent by email

Prizes: 1st Prize Rs.3000/-, 2nd Prize Rs.2000/- & 3rd Prize Rs.1000/-

InSPA National Online Poster Competition – 2020 Guidelines Prof. K.V.Kalliappan National Champion Award for U.G Students

Poster Competition (UG Level): InSPA proposes a School Psychology National level poster competition for Under Graduate Students present their psychology skills.

Registration: Students Rules and Regulations: students can directly register for the competition. Registration opens on 1st Sep 2020 and closes by 15th Sep 2020. Registrations can be sent by Google Form or inspaindia@gmail.com.

Competition will be held on 30th Sept 2020. Details of the guidelines are available at www.inspa.org

Guidelines for Poster Presentation

Online Poster Competition aims at setting a platform for all the budding graduates and students to present their real-time work and segment their outlooks and facets related to the theme of the competition.

Theme: “Current COVID-19 Crisis is a Challenge”

- This competition is open to all students (11th 12th standard school students, Graduates and Post Graduates not above the age of 25).
- The registration form will be open from 1st Sept 2020 and will get closed by 15th Sept

2020. Registrations can be submitted by or inspaindia@gmail.com. Submission deadline for poster competition will be closed 15 days before the competition date. Hence all are requested to complete their registrations well in advance.

- Competition will be held on 30th Sept 2020. Details of the guidelines are available at www.inspa.org.
- The registration should include complete details of the contestant (e.g., title, name, age, affiliation, email ID, contact etc). Click in the registration form link given below and submit. (Attach registration form)
- Posters have to be submitted through online or by email to inspaindia@gmail.com.
- All the prize winners of the poster competition will be communicated through email.
- Decisions of the judges will be the final.

A poster in multi-colours (Size 20 x 30 inches) A 4 Size jpg or pdf can be sent by email

Prizes: 1st Prize Rs.3000/-, 2nd Prize Rs.2000/- & 3rd Prize Rs.1000/-

InSPA National Online Quiz Competition – 2020

Prof. Walter Renner National Champion Award for School Students (XI & XII Std)

Quiz competition (Higher Secondary Level): InSPA proposes a School Psychology national level Quiz competition for Higher Secondary Students. The competition is being conducted as an attempt for motivating the student community towards pursuing an in-depth study in Psychology

Registration: Students can directly register for the competition. Registration opens on 1st Sep 2020 and closes by 15th Sep 2020. Registration can be sent by Google Form or inspaindia@gmail.com.

Competition will be held on 30th Sep 2020. Details of the guidelines are available at www.inspa.org

Guidelines for Online Quiz Competition:

- This competition is open for all students (11th – 12th standard school students, studying Psychology subject).
- The registration form will be open from 01-09-2020 and will get closed by 15-09-2020.
- Registrations can be submitted by google form or inspaindia@gmail.com.
- Submission deadline for quiz competition will

be closed 15 days before the competition date. Hence all are requested to complete their registrations well in advance.

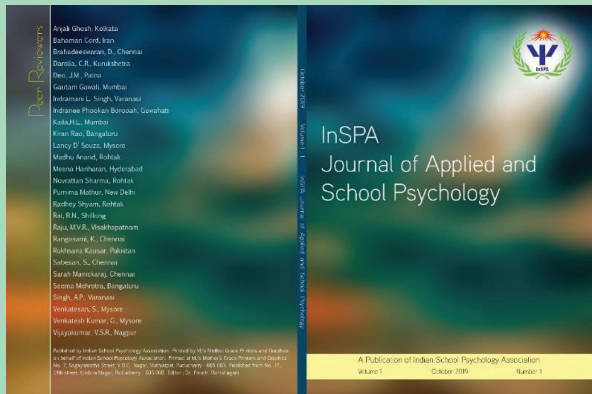
- One team per school can register and participate in the quiz, the team can have maximum of three members
- Competition will be held on 30-09-2020. Details of the guidelines are available at www.inspa.org.
- The registration should include complete details of the contestant (e.g., title, /name, age, affiliation, email ID, contact etc). Click on the registration form link number, and submit
- Quiz will be conducted through online with a fixed window of login period with a prior shared login ID and password.
- All the prize winners of the competition will be communicated through email.

Prizes: 1st Prize Rs.3000/-, 2nd Prize Rs.2000/- & 3rd Prize Rs.1000/-

Upcoming Online Weekly Lectures July 2020 Email: onlineinspa@gmail.com

Date	Time	Resource person	Topic
02.7.2020	9.30 am - 5.00 pm	International Webinar	Helping Children at Home: Level I
03.7.2020	9.30 am -5.00 pm		
04.7.2020	11.30 am - 01.00 pm	Dr Gertraud Benke, Austria	Conceptual change research
07.7.2020	10.00 am	National Webinar	School Psychology for Mizoram Teachers
09.7.2020	6.00 - 7.00 pm	Prof. R. Gopalakrishna	Music Therapy for Children at Home
10.7.2020	4.00 pm - 5.00 pm	Dr. B. Mukhopadhyay	Yoga practice for Children
11.7.2020	11.00 am	Dr. Balan Radhakrishnan, University of Malaysia, Sabah	Recognizing Challenges and Expanding New Horizons for Young People
16.7.2020	6.00 - 7.00 pm	Dr Sapna Sharma Nagpur	Counselling Skills
17.7.2020	4.00 pm	Dr. Rita Rani, Guahati University, Assam	Mental Health Challenges
18.7.2020	11.00 am	Tan Sri Prof. M. Marimuthu, YSS, Malaysia	Malysian Expereince in COVID19 Crisis
23.7.2020	6.00 - 7.00 pm	International Webinar	Helping Children at Home: Level II
24.7.2020	4.00 pm		
25.7.2020	11.00 am	Col Ashraf, Dhaka, Bangladesh	COVID19 and its Impact in Bangaldesh
30.7.2020	6.00 - 7.00 pm	Dr. Madhu Anand	Life Skills for Children
31.7.2020	4.00 pm	Dr. D. Dutta Roy, Kolkata	Learning Curve

InSPA Journal: Instructions for Authors



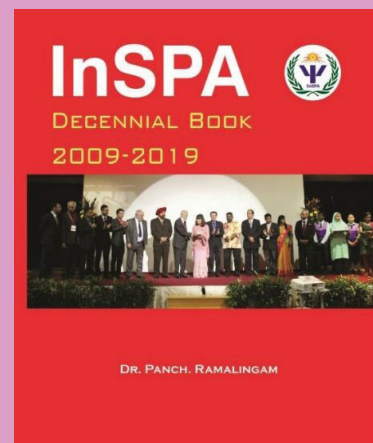
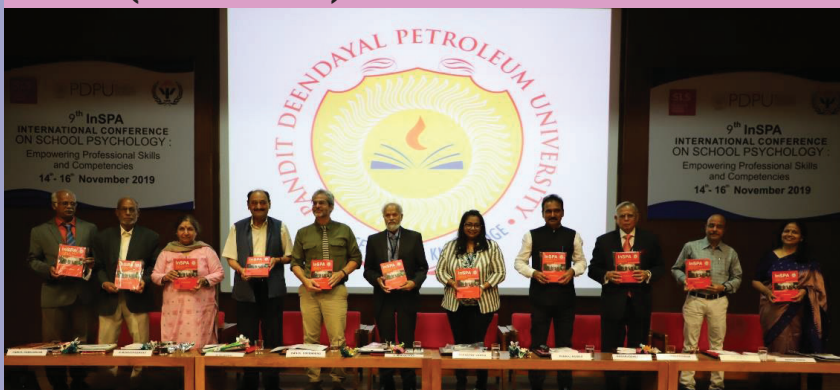
The IJASP is a peer reviewed bi-annual publication of the Indian School Psychology Association (InSPA). The issues appear in April and October. The IJASP publishes original contribution based on empirical research. Manuscripts should be prepared in JASP format and in accordance with the general guidelines of APA. Manuscripts should be sent in MS word by e-mail to the Editor. IJASP does not permit an author to submit the same paper simultaneously for consideration to other journal(s). An undertaking to this effect should be submitted along with the manuscript.



Vol.1 No.2. April 2020 Issue will be released soon...

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InSPA DECENNIAL YEAR BOOK (2009-2019) Released



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