



# Indian Association of Clinical Psychologists

(Registered as per Societies Registration Act XXI of 1860, Reg.No.3694)

**Secretariat:** #1220, GMCH Doctor Complex, Sector 32 B, Chandigarh 160030

Website: [www.iacp.in](http://www.iacp.in)

## Annual Report-2020

(Presented at the 47<sup>th</sup> Annual General Body Meeting held on 29<sup>th</sup> May 2021 through Online Mode)

It gives me immense pleasure to present before you the annual report of the Indian Association of Clinical Psychologist for the year 2020.

1. Condolences: Mr. K Vigneshwar (PLM-525/12/17), Prof. S. S. Nathawat (F-11), Ms. Lovepreen Kaur (PLM-349/07/10), Dr. Aditya Kumar (F-63), Dr. D P Sen Mazumdar (F-56), Dr. Rattan Singh (F-42).
2. EC Meetings: During the 2020-21, there were Six online EC meetings and One physical meetings held along with multiple online meeting for the various important issues.
3. Following discussions and decisions were taken in the EC meeting:
  - a. Handing Over and Taking Over by the Office bearers.
  - b. Filling up the various vacant posts of EC members, Post Conference EC nominated the members from the respective zones.
  - c. Filling up the post of Editor, as Ex Editor asked to relieve from the Post of Editor in the GB meeting held of 22 February 2020 and it was accepted in the GB.
  - d. Sub Committees of IACP

### **Disaster Management Committee (Report is included in the Annual report)**

1. Dr Rakesh Jain (Chairperson) Resigned
2. Dr Kalpana Srivastava
3. Dr Roopesh B N
4. Dr Shweta Singh
5. Dr Prasanta Kumar Roy
6. Dr Narendra Samantray
7. Dr Mudassir Hassan
8. Dr Manoj K Bajaj Hon Gen Secretary (Ex Officio)

### **Tele Counselling Practice Guidelines Committee:**

1. Dr Dherendra Kumar (Chairperson)

2. Dr Sanjeev Kumar Gupta
3. Dr Vikas Sharma
4. Dr Nitin Anand
5. Ms Shweta Sharma
6. Ms Smriti Joshi
7. Mr Ved Prakash Maurya
8. Dr Manoj K Bajaj, Hon Gen Secretary (Ex Officio)

#### **Constitution Amendment Committee**

1. Dr. Rakesh Jain, F208 (Chairperson) Resigned
2. Dr. Basavarajappa, F4
3. Dr. P.T Sasi, F217
4. Dr. Masroor Jahan, F204 (Convenor)
5. Dr. Devvarta Kumar, F249
6. Dr. Gauri Shanker Kaloiya, F229 (Immediate Past Hon. Gen Secretary)
7. Dr Manoj K Bajaj (Hon Gen Secretary) Ex Officio

#### **Ethics and Guidelines Committee**

1. Dr Kalpana Srivastava
2. Dr Poornima Bhola
3. Dr Paulomi Sudhir
4. Dr M. Manjula
5. Dr Vibha Sharma
6. Dr Zena Deb
7. Dr Manoj K Bajaj, Hon. Gen. Secretary (Ex Officio)

#### **Psychotherapy Supervision Guidelines Taskforce**

**(Guidelines are submitted for the approval of GB)**

1. Dr Anisha Shah (Chairperson)
2. Dr Kalpana Srivastava
3. Dr Paulomi Sudhir (Convener)
4. Dr Gitanjali Natarajan
5. Dr Biswajit Dey
6. Dr Manoj K Bajaj, Hon Gen Secretary (Ex Officio)

#### **Membership Committee**

1. Mr Ashok Kumar Patel
2. Dr Krishan K Sony
3. Dr Nandha Kumara Pujam
4. Dr Lalit Kumar Singh
5. Dr Ashok Parashar
6. Dr Manoj Kumar Pandey
7. Dr N Suresh Kumar
8. Dr Manoj K Bajaj, Hon Gen Secretary (Ex Officio)

**Professional Affairs Committee**

1. Dr S P K Jena (Chairperson)
2. Dr Sany Varghesh
3. Dr Vijay Raghvan
4. Mr Rithvik Kashyap
5. Mr Gagandeep Singh (Joint Secretary)
6. Dr Manoj K Bajaj (Hon Gen Secretary) Ex Officio

**Award Committee (Report will be presented)**

1. Dr Kalpana Srivastava (Chairperson)
2. Dr L N Suman
3. Dr Jai Prakash
4. Dr Paulomi Sudhir
5. Dr Manjula M
6. Dr Manoj K Bajaj (Hon Gen Secretary) Ex Officio

**LGBTQ Management Guidelines Committee- (Report to be submitted Later)**

1. Dr Shalini Anant (Chairperson)
2. Mr Pulkit Sharma (Member)
3. Ms Aarzoo Gupta (Member)
4. Ms Shweta Sharma (Member)
5. Dr Manoj K Bajaj (Ex Officio, Hon Gen Secretary)

4. Task force for Disaster Management and EC are actively engaged to deal with the Pandemic from 21<sup>st</sup> March 2020 to till date. IACP came into action immediately when approached by the Ministry of Health and Family Welfare to extend their

support to the nation.

A brief overview of the initiatives taken by the IACP, is given below:

- a. State wise lists of more than 500 Mental Health Volunteers were prepared and submitted to the Government of India; which, within 24 hours of the request, was circulated by the ministry to all states and its further institutes for the use of their services, during COVID-19. This was considered by every district administration and volunteer are providing mental health counseling to the respective regions.
- b. Videos by IACP Professionals and Office Bearers were released for the general Public, by the Government of India on 'how to look after oneself' during the COVID-19.
- c. A detailed Psychosocial Advisory was released by the IACP in the Public Interest.
- d. IACP West Bengal Regional Branch collaborated with UNICEF and WHO for the COVID-19 related support to the needy.
- e. Resource material was prepared by the task force of IACP for the general public, with special emphasis on children, parents, elderly, Persons with Disability, Frontline Health care workers and for Migrants workers available on <https://iacp.in>
- f. Nationwide Multilingual (Hindi, English, Telugu, Marathi, Tamil, Kannada, Gujarati, Bengali) **free HELPLINE "PARAMARSH" 8047192224** was created and launched on 9th April, 2020. It is successfully running during this COVID -19 Pandemic and providing free Psychological counseling to the general public about Covid related mental health issues. The helpline is functional from 9am to 9pm on all days of the week. Approximately 650 Mental health Professionals have volunteered for the cause on pro bono basis. Till now around 2000 calls have been attended by the Mental Health Professionals in which 7 out of 10 calls from males, 3 out of 10 Females, about 70% call in the age group of 20-40, Calls pre-dominantly from cities and towns, Anxiety and Stress 1 out of 2, Depression 1 out of 6, OCD and Psychosis 1 out of 15, Interpersonal Issues 1 out of 15, 1 out of 25 specifically for anger issues, Rest were for other issues.

#### **Challenges-**

Volunteers availability in the second wave in spite of the multi-level parallel ringing system as they also had their work commitments and personal challenges due to Covid-19. In such cases, callbacks arranged.

Repeated calls by some people possibly having psychotic symptoms. Sometimes, technical issues as service providers infrequently had downtimes. Ethics and Therapy guidelines were strictly followed and the Helpline functioning and data is safely stored under direct supervision of President Elect, IACP. We are indebted and thankful to all IACP Volunteers for sparing the precious time in a selfless manner in this tragic time to serve humanity. IACP helpline is advocated by the COVID-19 related courses run by I-GOT Department of Personnel, Govt. of India.

- g. Tele-counseling instructions were prepared to deal with the various mental health issues in a professional way in the different languages for the volunteers.
  - h. IACP Launched YouTube channel, where Psychosocial Advisory is being available for the general public in different languages Hindi, English, Punjabi, Kannada, Tamil, Telugu, Bengali. Webinar Recording are available for the members.
  - i. The IACP Executive Council contributed towards providing reusable PPE kits to the Clinical Psychologists posted in the COVID-19 management centers.
  - j. IACP launched an online free webinar series to the members for their professional development. Four webinars were conducted and these were attended by more than 2000 members and was very well received. Speakers did the program on a pro bono basis supporting the IACP.
  - k. A Google group was created for the volunteers for the dissemination of important information.
  - l. Regional Branches, West Bengal and Malabar, Kerala are closely working with IACP national body for this “COVID-19’ crisis and they have been conducting various awareness and professional development programs.
  - m. IACP is also registered on I –CAN which is a COVID support network endorsed by the NITI Aayog, Govt. of India.
5. Online Payment method was approval and accepted by the EC for meeting the expenses of the Office and IACP in view of changes in banking rules and

Pandemic. IACP account transfer to treasurer place of work could not take place due to unavailability of IACP permanent address and online banking rules. Bank Manager suggested to keep the account at Head Office of the association. Only Signatures of the operating treasurer will be changed every time. Now a day all tasks has been done through online banking by the societies.

6. Position Statement was released in public interest for the awareness about the clinical psychologist as Mental Health Professional, its training, Licensing, Acts preventing illegal practice by quacks, courses/ workshops which falsely claims to practice as Clinical Psychologists. A taskforce comprises of zonal EC members educated the general public and falsely practicing Clinical Psychologists about prevailing law in this regards through social media and personalized email messages. Various complaints were received in the office and these complaints were directed to the RCI for the further actions.
7. Position statement was released by the IACP office on LGBTQ treatment.
8. Forty representation were sent to IMA office, RCI, Ministry of Health, Ministry of Social Justice and Empowerment, Principal Secretaries for Allied and Healthcare Professional Bill, National Education Policy, SLD guidelines, Qualification Criteria to recruit clinical Psychologists in various DMHP post in various states, and Institutions like AIIMS, NIMHANS, Western Railways, Delhi Govt, West Bengal DMHP, BHU, J&K Health Secretaries, Punjab Govt, Rajasthan Govt., UP Govt., Gujarat, CG Govt, Maharashtra state Mental Health Authority etc.
9. New memberships: A total number of 135 Members are elected during this period. Fellow-9, PLM-78, LAM-43 (Including the Memberships due from the previous year). All the members are sent the Digital membership certificates through office mail to their registered email ids due to covid pandemic.
10. Regional Branches: Regular communications were made with all the regional branches of IACP. To resolve the issues of functioning of regional branches- Zonal Representative under All India Council members are assigned the responsibility to prepare the SOPs. Issue of Malabar and Kerala regional branch is under consideration. Tamilnadu Association of Clinical Psychologists has been approached to join as regional branch of IACP. No final Decision has been communicated by the office bearers of TNCP.
11. **Editor appointment:** Editor appointment in the post GB EC meeting in Chandigarh was not as per constitution of IACP. Hence, EC corrected its mistake and Editor appointment process was re exercised as per the IACP constitutional Provisions and Dr T B Singh is appointed as Editor IACP.

12. **Termination of MoU** with Diva Enterprises (Indianjournal.com) and Scientific Scholar for the Journal publications.
13. Transfer of Yahoo group to IACP MEMBER GOOGLE Group and YOUTUBE channel is been created for IACP.
14. **National Education Policy-** IACP Took Initiative to represent on the issue of the discontinuing the M.Phil Course as per NEP. A meeting of HODs of all institutes running the M.Phil Clinical Psychology Course was arranged by the IACP and a consensus was made to either change the nomenclature to Doctor in Clinical Psychology (D Clin Psy as per UK pattern) or to retain the M.PHIL Clinical Psychology as it is. A consolidated representation on behalf of Institutions was sent to RCI. RCI maintained the same nomenclature as M.Phil in clinical Psychology.
15. **Digitalization of IACP records-** It was decided to ask for the proposals from the Agencies and to decide cost effective proposal for the digitalization of records.
16. **Journal of IACP:** A series of meeting happened with the Editor and Journal committee members. Due to delay in transfer of Editor office and Covid pandemic- the Journal 2020 March issue released in late December. The Sept 2020 issue is ready and sent to printing to be dispatched to all members. We have been working on this issue since February 2020. Detailed report will be presented by the Editor. IACP financially supported the publication of IJCP March Issue as per EC decision. Further online availability of IJCP on Open Access Directory of Journals is being under consideration to make the journal visible and indexed with 4 issues in a year.
17. **Award Guidelines to be revised:** The Awards guidelines are very old and EC members deliberated and decided that Award Committee to revise the Guidelines and recommend for the increase the Awards money and other benefits to the members.
18. **Constitution amendments:** Constitution committee presented the amendments in Dehradun Conference in May 2019 and it was approved by the GB too. However due to Covid pandemic, the office of the registrar society was not opened and this could not be materialized. Again second wave also restricted the physical movement of the office bearers to visit the registrar societies in Delhi. This is a priority issue and office is constantly working on it.
19. Discussion were held on Online Elections, Online submission of Application form for memberships, instituting Young Scientist award of IACP, Revising the award money, Revision of Travel allowance as per minimal actual of the flight/ Train to

attend the EC meetings, Hybrid EC meeting, Buying the IACP property to save association money and taxes, Online Journal publication system were decided to be presented in the General Body meeting for approval.

Thank you

A handwritten signature in black ink, reading "Manoj Kumar" in a cursive style.

Dr Manoj K Bajaj  
Hon Gen Secretary, IACP  
On Behalf of EC of IACP