



Enhancing Mental Health: Exploring New Dimensions

45th National Annual Conference of
Indian Association of Clinical
Psychologists

45th NACIACP-2019

25th - 27th May 2019

Organized by:

The Department of Clinical & Rehabilitation Psychology and Research,
National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD),
116, Rajpur Road, Dehradun, Uttarakhand.

ABOUT THE CONFERENCE

It is with great pleasure to announce that the Department of Clinical & Rehabilitation Psychology and Research, NIEPVD is going to organize the 45th National Annual Conference of India Association of Clinical Psychologists, 2019 (NACIACP-2019) on the theme "**Enhancing Mental Health: Exploring new Dimensions**" from 25th to 27th May, 2019.

The proposed conference is multidisciplinary in nature and would provide an excellent platform to the Clinical Psychologists, Rehabilitation Psychologists, Mental Health Professionals, Health Psychologists, Medical and Health Care Professionals, Social Scientists, Educationists, Researchers and Students to exchange their views, brainstorm ideas, develop new avenues, discuss research and gain new experiences.

We hope that this conference would enrich the academic and clinical proficiencies of the aspirants. The field of Clinical Psychology is expeditiously growing and there is a rapid increase in the awareness of Mental health and mental health professionals. With new progresses in various fields and disciplines pertaining to Psychology, it is essential that the scientific community makes an effort to recognise and promote exciting new discoveries and insights and endeavour to ensure that the advancement of knowledge and expansion of our scientific horizons is paramount and plentiful, Hence, the theme "**Enhancing Mental Health: Exploring New Dimensions**" is chosen for this 45th National Annual Conference of Indian Association of Clinical Psychologists, 2019.

Conducive to the theme of the present conference, we expect numerous inputs about the various future possibilities from the participants to make this profession a complete triumph. The organizing committee leaves no stone unturned to make this 45th NACIACP a memorable and fruitful experience to all concerned.

ABOUT THE DEPARTMENT

A Crisis Intervention Unit was established in 1983 at NIEPVD (erstwhile NIVH) after the recommendations of the Salisbury committee consisting of experts from the Government of India during the formative years of the National Centre for Blind, when the academicians and professionals of the institute felt strong need of psychological intervention for the victims of newly blinded civil and military personnel. The department was first headed by Dr. Tej Bahadur Singh.

Apart from the management of the newly blinded persons which aimed at ensuring adjustment training by initiating steps in learning communication skills, daily living skills followed by orientation and mobility training, vocational training and placement. The need of the hour was to assess and select trainees including visually challenged persons with acquired vision loss. For this purpose, various appropriate psychological tests for adult persons and school children with visual impairment were

developed/adapted and standardised which were used elsewhere in the research in the country.

Some of the other achievements of the unit are extension of crises intervention services during Bhopal gas tragedy (1984), to blue-star operation victims, IPKF casualties in Chennai. The unit was entrusted the responsibility to organize composite rehabilitation camps in the remote rural hilly areas of Uttarakhand, this was successfully done with the help of expert teams from four NIs (NIMH, NIHH and NIOH) including NIEPVD within a period of four years 1992-1995 by organizing a total of 16 composite rehabilitation camps in the hill regions of Uttarakhand. This CBR model is now replicated throughout the country as 'Deen Dyal Upadhyaya scheme' by the Government of India.

There has been significant effort by the unit in carrying out 9 orientation programmes of clinical psychologists, social workers, ophthalmologists/ ophthalmic assistants and rehabilitation assistants employed in ophthalmic mobile units.

The unit has successfully conducted 15 research projects to its credit and reported the research findings in various national and international journals.

The crisis management unit's OPD and outreach programmes were initially specifically tailored to the persons with visual disabilities. With the exceptional Clinical Psychological services, diagnostics, labs and research acquired by the department being capable of treating a multitude of psychological conditions afflicted by various disabilities, the department recognised that it can contribute in a much wider scope of work. Thereafter it got inducted as "**The Department of Clinical & Rehabilitation Psychology and Research (DCRPR)**" which was made available to serve the general public suffering from mental illnesses as well. Considering the expansive infrastructure, resources and increased inflow of clients the department decided to undertake the task of generating qualified Human Resource. In 2016, a PG diploma course on Rehabilitation Psychology (PGDRP) was introduced. The Institute's Executive council now accorded its approval to start M. Phil. (Clinical Psychology) programme, which is proposed to commence in near future.

The department with approval of the institute proposes to conduct M.Phil Clinical Psychology Programme with due recognition of RCI in the academic session 2019 and onward.

ABOUT THE INSTITUTE

The National Institute for the Empowerment of Persons with Visual Disabilities NIEPVD is now celebrating its diamond jubilee of 75 glorious years, erstwhile National Institute of Visually Handicapped- NIVH) owes its origin to St. Dunstan's Hostel for the War Blinded established in 1943, which offered a basic set of rehabilitation services to the soldiers and sailors blinded in the World War II. In 1950, the Government of India took over the St. Dunstan's Hostel and entrusted the Ministry of Education with the responsibility of developing comprehensive services for the rehabilitation of blind

persons. Subsequently, services for the blind witnessed remarkable expansion. In the same year, the Government established the Training Centre for the Adult Blind to ensure reintegration of blind soldiers including other persons in the world of work. In 1951, the Government established Central Braille Press; in 1952, Workshop for the manufacturing of Braille Appliances; in 1954, Sheltered Workshop; in 1975 Training Centre for the Adult Blind Women and in 1959, Model School for the Visually Handicapped. In 1963, National Library for the Print Handicapped was established out of which National Talking Book Library was carved out in the year 1990. On integration of all the Units in 1967, the Government established National Centre for the Blind (NCB). This Centre was further upgraded as National Institute for the Visually Handicapped in the year 1979 and finally in October 1982, it was registered under the Societies Registration Act, 1860 and gained the status of an Autonomous Body.

The NIEPVD has its Headquarters at 116, Rajpur Road, Dehradun with one Regional Centre at Chennai (Tamil Nadu) established in 1988 and two Regional Chapters at Kolkata (W.B.) and Secunderabad (Andhra Pradesh) established in the year 1997. The Institute also coordinates and supervises Composite Regional Centre for Persons with Disabilities, Sundernagar (H.P.) established in the year 2001.



FROM THE DESK OF THE CONFERENCE DIRECTOR

Back in 2002 I had the esteemed opportunity to participate in the National Annual Conference of Indian Association of Clinical Psychologists, ever since, I had wished to organise and host the conference myself. My dreams come true when I joined the Department of Clinical & Rehabilitation Psychology and Research at the National Institute for the Empowerment of Persons with Visual Disabilities shortly thereafter. I could foresee the Institute to be an excellent catalyst and environment to host this venerable conference, which it had proven so when in the year 1984 NACIACP was organized at NIVH. The opportunity presented itself when senior IACP members consulted me about the possibilities of hosting this conference, though it is a daunting task to organise a conference of this stature in a short period of two months, I accepted this as an honour.



Hence it is that I now take up this honour of organising and hosting the 45th NACIACP. It will be my most wholehearted endeavour to perform the planning and execution of this event in a manner which epitomizes the spirit of learning and advancement of knowledge which the IACP so staunchly represents.

I am thankful to the IACP Executive Council for accepting our proposal of organising the conference.

I wish all the delegates, participants and stakeholders a very fruitful, enlightening and intellectually stimulating experience from this esteemed conference, I welcome you all.

Surender Dhalwal
Conference Director
45th NACIACP-2019

ABSTRACTS & POSTERS

Authors are invited to submit their abstracts and full papers based on their original research work to the conference 45thnaciacp2019@gmail.com. All abstracts accepted for the conference will be published in the conference proceedings. Submission are open for paper presentations and poster presentations. Authors should specify the category in which they are submitting their abstracts. The abstracts may be typed in English language, font size 12, font type Times New Roman, Spacing 1.5 lines, maximum 200 words and in MS word format. Please do not send hard copies. Only registered delegates are permitted to present papers and posters. Deadlines are given in the corresponding pages.

THE CONFERENCE WILL FOCUS ON THE FOLLOWING SUB-THEMES:

Theme -- Enhancing Mental Health: Exploring New Dimensions	
Stress: coping strategies and management	Neuropsychology and health
Holistic health: Yoga, spirituality and religious practices	School, special education and Mental Health
Rehabilitation of persons with disabilities	Emotions, Cognition and health
Geriatric Psychology	Psychotherapeutic Techniques
Mindfulness	Pain management
Parenting, family and health	Substance abuse
Sports, Exercise and Health	Health problems in life span
Behavioural Intervention & Remedial Measures	Educative and advocacy programs in mental health
Forensic Psychology and Mental Health	Child Psychology
Psychotherapy supervision	Psycho-oncology

INDIAN ASSOCIATION OF CLINICAL PSYCHOLOGISTS

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45th NACIACP 2019 - ORGANIZING COMMITTEE	
Chief Patron	Shri Nachiketa Raut, Director: NIEPVD Dehradun
Patron	Professor T. B. Singh, Dean: School of Social Sciences, Central University of South Bihar
Conference Director	Assistant Professor Surender Dhalwal, HOD: Department of Clinical & Rehabilitation Psychology and Research

SC Gupta Best Paper Award

1. Five copies of the full paper, enclosed with the abstracts along with the information about the

author written in separate sheet, shall be submitted to the Chairman of the Awards Committee.

2. To be eligible for the award the paper must fulfil each of the following criteria.

a. It must be a research paper based on work done in India.

b. It must not have been published in a scientific Journal or had received any other award.

c. The First author shall be an IACP member and at least 50% of all authors must be members of the IACP at the time of the proposal.

d. The author presenting the paper must be a member of the association at the time of the proposal.

The first author has to mention that the paper is for S C Gupta Award to be included in the competition. Only three papers will be included for the competition. Those papers which are not selected for the competition shall be considered for the general category. Authors must mention their Membership No. of IACP. Those competing should give an undertaking to be present at the Conference. The name of the awardee will be announced during the valedictory session of the conference. The papers are to be sent to:

Dr. Kalpana Srivastava, Scientist 'G'.
Defence Research and Development Organization,
Dept of Psychiatry, Armed Forces Medical College, Pune 410040

***Pre-Conference and Concurrent workshops will be decided soon.**

REGISTRATION FEE FOR DELEGATES

Registration can be done via online form, available on the NIEPVD(NIVH) website <http://nivh.gov.in/> .

Payment of registration will be done via conventional banking/ e-transaction to account details provided below.

Delegate Category	Early Bird Till 30th April 2019	Late Fee Till 10th May 2019	On the spot registration
IACP Member	3500/-	4000/-	4500/-
Non-Member	4000/-	4500/-	5000/-
Student/Faculty & Alumni of NIEPVD	2000/-	3000/-	3500/-
Senior Citizen	1000/-	1500/-	2000/-
Accompanying Person	2000/-	3000/-	3500/-

Note: Student must submit a certificate issued by the Head of their Department/ Institute to the effect that they are a bonafide student and are willing to participate in the 45th NACIACP-2019.

All the payments are to be made by NET Banking in to account name: "NACIACP 2019" Online to the given Account No. (A/c No. 6185002100000412 of PNB Bank), NIVH Branch, Dehradun (IFS Code No.: PUNB0618500). Please intimate online NET Banking payment of registration to 45thnaciACP2019@gmail.com. Participants can also pay registration fee via Demand Draft in favour of "NACIACP 2019" payable at Dehradun.

Registration fees will cover:

- Conference kit.
- Admissions to inaugural function, scientific sessions, and valedictory function

- Breakfast, Lunch, tea / coffee and dinner during the conference period.

*Conference kit will not be provided to accompanying persons.

ACCOMMODATION FACILITY FOR DELEGATES

Note: Dehradun is a popular tourist destination and connecting point for tourists during the summer season which coincides with the conference, thus options for stay at hotels and third parties may be limited, kindly make haste. The Institute has limited capacity to accommodate guests in hostel and guest house which will be booked on first come first serve basis, thus it is advised to send your request for accommodation as early as possible, by 20th April 2019.

Accommodation: The accommodation facility will be provided as outlined in the following on first cum first serve basis:

ACCOMMODATION CATEGORY	CHARGES
NIEPVD Student Hostel	200- / per night per head
Guest House	500- / per night per head
External	Between 1000- / to 2000- / for External Guest House/Homestay (limited Rooms available)

IMPORTANT DATES

LAST DATE FOR ABSTRACT SUBMISSION	LAST DATE FOR FULL PAPER SUBMISSION	LAST DATE FOR AWARD PAPER SUBMISSION
30 th April 2019	10 th May 2019	19 th April 2019

*Detailed Scientific Programme for the conference will be uploaded shortly on iacp.in website and NIEPVD website <http://nivh.gov.in/> and all relevant social media.

CORRESPONDENCE

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HOW TO REACH?

The National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD) is located on Rajpur Road, Dehradun, Around 4 kms from the City Centre, Clocktower. Dehradun being a capital city is easily accessible via Road or Rail transport from major cities.

For Air transit, the Jolly Grant Airport receives daily flights from major cities, located around 30 kms away from Rajpur Road.

Connectivity from ISBT Dehradun, located 13.9 Kms away.



41 min (13.9 km) via General Mahadev Singh Rd



53 min (30.9 km) via Thano Rd

Connectivity from Jolly Grant Airport, located 30.9 Kms away.

Connectivity from Dehradun Railway Station, Located 8.1 Kms away.



25 min (8.1 km) via EC Road