

## APPLIED PSYCHOLOGY ASSOCIATIONS IN INDIA

### 1. Established Bodies – these bodies mentioned below have been established by professionals of psychology in India.

- a) **National Academy of Psychology:** it was created in 1987. The organization runs a journal called “Psychological Studies”. The journal is published by Springer India. NAOP counts with the following divisions: Cognitive Psychology, Developmental Psychology, Clinical and Health Psychology, Organizational Behaviour, and Social Psychology.

NAOP strives for promoting, advancing, and safe guarding the interests of Psychology as a discipline engaged in teaching, research, application, societal development, and human welfare.

NAOP also holds annual conferences every year to allow researchers in India to showcase their work.

- b) **Indian Academy of Applied Psychology (IAAP):** founded in 1962, IAAP deals extensively with Mental Health. It offers services such as anxiety Diagnosis and treatments, Depression testing and counselling, Marriage and couple counselling, Child counselling and therapy, IQ Testing, Cognitive Behavior Therapy and Behavior Modification. It runs the “Journal of Indian Academy of Applied Psychology”.
- c) **Indian Association of Positive Psychology (IAPP):** is a scientific community comprising of eminent researchers, scholars, professionals and students who share the common vision of promoting science and practice of positive psychology and its research-based applications. IAPP is a non-profit organization that seeks to encourage elaboration and propagation of research knowledge related to positive dimensions of human functioning. Aiming a prosperous and flourishing life for all, our dedicated members are committed for the growth of social, human, and economic capital of society. The body runs the “Journal of Positive Psychology”.

**d) National Positive Psychology Association (NPPA):** a core foundational belief shared by Positive Psychologists (PP) and Indian Psychologists (IP) is that humans strive to lead meaningful, happy, and good lives. Positive Psychology and Indian Psychology share the goal of elevating human condition to the optimum levels of functioning, to overcome suffering and promote the highest forms of well-being.

PP primarily measures people constructs with the third person, objective approach, whereas IP uses the first or second person, subjective/ experiential approach. For example, well-being can be investigated in terms of Diener's subjective well-being, Ryff's psychological well-being, Keyes's mental health, Seligman's PERMA model etc. as well as through Indian Psychological concepts, such as Sat-Chit-Ananda (the highest and most positive inner experience) or conditions related to Gunas, Anasakti, Sukha-Dukha, Niskama karma etc. which affect the well-being.

One core task NPPA has is the necessity of developing a stronger empirical basis to support typical Indian Psychology concepts, in order to be acknowledged by mainstream psychology. Understanding of meaningful, happy and flourishing individuals and communities through both perspectives would enrich our knowledge of human thriving.

**e) Indian Association of Clinical Psychologists (IACP):** is a premier organization formed with the aims and objectives of advancing the concepts of mental health and the advancement of profession of clinical psychology. The IACP was formed in the year 1968. It holds annual conferences every year to bring professionals in the field together.

**2. There is also a yahoo group called *Indian Psychologists* to communicate job vacancies, workshop and conference information, queries, advances in the field.**