



Indian Progressive Youth Forum Trust

Registered under Indian Trusts Act, 1882

Registration Number: 520-4-2012

Strengthening Systems | Expanding Access | Strengthening Outcomes

Annual Report 2024-25



MESSAGE FROM THE CHAIRPERSON

The financial year 2024–25 represents a significant phase of expansion, operationalisation, and transition towards scale for IPYF Trust. Building upon the strong foundation established in the previous year, the organisation has moved forward with a clearer structure, strengthened programme delivery, and enhanced outreach across both urban and emerging rural settings.

During the year, we enhanced our clinical services, expanded teleconsultation reach, and strengthened capacity-building initiatives, while also achieving critical milestones in institutional development, including regulatory certifications and expansion of service infrastructure. The establishment of the Hausla Early Intervention Centre (EIC) in Lucknow marks a key step towards delivering structured, multidisciplinary care for children with developmental and behavioural needs.

Our continued emphasis on integrating awareness, assessment, intervention, and follow-up care has enabled us to reach a larger and more diverse population. With growing engagement in schools, communities, and professional training platforms, IPYF is steadily evolving into a comprehensive ecosystem for mental healthcare and rehabilitation.

As we move forward, our focus remains on scaling impact through hub-and-spoke models, technology-enabled services, and community-linked interventions, ensuring that quality care reaches those who need it the most.



Dr. S. S. H. Kazmi
Chairperson IPYF Trust

ABOUT INDIAN PROGRESSIVE YOUTH FORUM (IPYF) TRUST

Indian Progressive Youth Forum (IPYF) Trust is a not-for-profit organisation established in 2012 under the Indian Trusts Act, 1882, committed to strengthening equitable access to health & mental healthcare, early intervention, disability support and rehabilitation services. The Trust is registered with the Department of Empowerment of Persons with Disabilities, Government of Uttar Pradesh, and holds valid registrations under Sections 12A and 80G of the Income Tax Act, 1961, along with MSME registration.

IPYF adopts an integrated, multi-vertical approach that combines mental healthcare, child development and rehabilitation, and community-based livelihood support to address both clinical needs and broader determinants of wellbeing. Through its core verticals—Indian Mental Health and Research Centre (IMHRC), Hausla Early Intervention & Neuropsychological Rehabilitation Centre (EIC), and Krishi Evam Kisan Vikas Samiti—the Trust delivers a continuum of services including early identification, assessment, intervention, rehabilitation, capacity building, research, and community outreach.

The organisation implements innovative service delivery models, including hub-and-spoke systems and teleconsultation platforms, to ensure accessible, continuous, and multidisciplinary care across urban and rural settings. By integrating life skills, mental health, education, and livelihood-oriented initiatives, IPYF works towards enabling holistic development, wellbeing, and future readiness for individuals and communities.

Vision

To build an inclusive and equitable society where every individual attains holistic development, health, and wellbeing, and is equipped for future readiness, empowering them to lead independent, dignified, and productive lives.

Mission

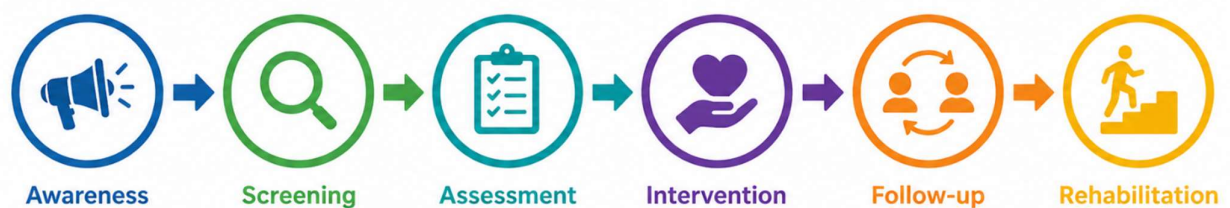
- Promote holistic development, life skills, and future readiness
- Provide accessible, evidence-based health and mental healthcare services
- Strengthen school and community systems through outreach and capacity building programmes
- Promote skill development and job readiness for individuals and communities

Objectives

- Provide accessible, evidence-based mental healthcare and ensure early identification, intervention, and rehabilitation for children with disabilities
- Promote holistic development, life skills, psychosocial wellbeing, and future readiness
- Strengthen school and community systems through outreach, awareness, and capacity building programmes
- Promote skill development, vocational readiness, and livelihood opportunities while reducing stigma around mental health and disability

OUR APPROACH

IPYF continues to follow a **continuum-of-care model**:

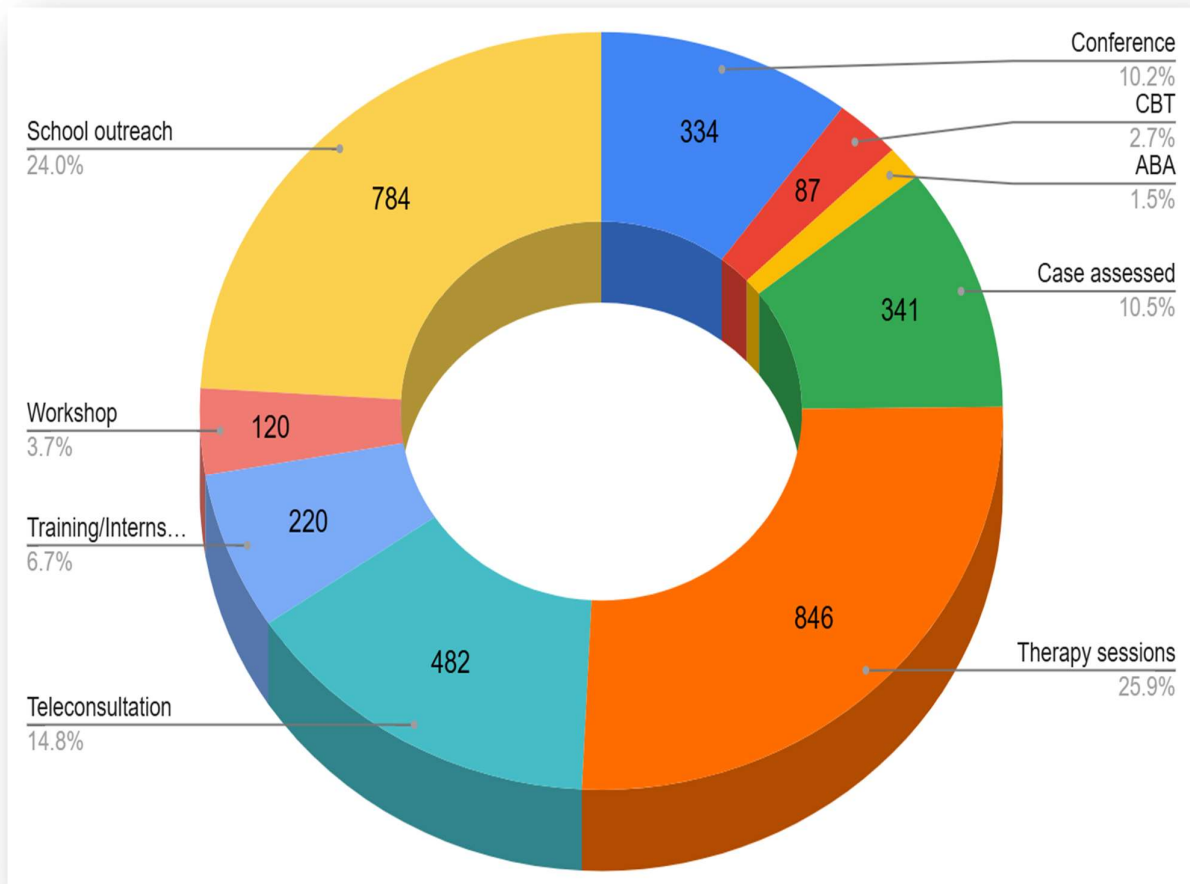


Our service delivery channels

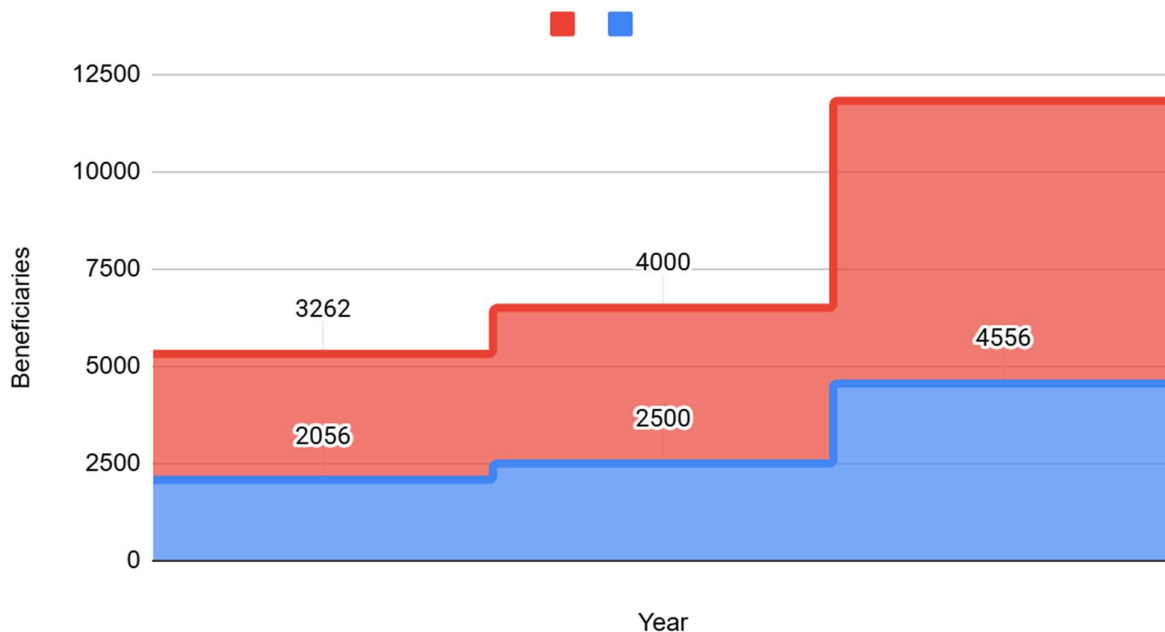
SERVICE DELIVERY CHANNELS



THE YEAR 2024–25: AT A GLANCE



IPYF Outreach 2023-2025



OUR PROGRAMMES

6th IMHRC International Conference, titled “Mental Healthcare in India: Basics and Beyond,” was successfully organised on **05th–06th October 2024** at Shia P.G. College, Lucknow, bringing together a diverse group of academicians, clinicians, researchers, policymakers, and students from across India. The conference was accredited with RCI–CRE points, enhancing its professional significance and participation among registered mental health professionals.

The conference commenced with an inaugural session featuring distinguished dignitaries, including **Dr. B. P. Singh Kalyani (Director–Health, National Health Mission, Uttar Pradesh) as Chief Guest**, and **Prof. (Dr.) Abbas Ali Mahdi (Vice Chancellor, Era University, Lucknow), Dr. Praveen Kumar Srivastava (HoD Psychiatry, Balrampur Hospital, Lucknow), and Dr. Abhay Singh (DMHP, Balrampur Hospital, Lucknow)** as Guests of Honour. The opening addresses emphasised the importance of strengthening mental healthcare systems, particularly in rural and underserved areas, and highlighted the role of multidisciplinary approaches in improving service delivery.

The academic programme featured keynote lectures, panel discussions, and expert sessions by eminent professionals, including **Prof. S. Z. H. Zaidi (Amity University Lucknow), Prof. (Dr.) Gauri Shanker Kaloiya (AIIMS, New Delhi), Prof. (Dr.) Aleem Siddiqui (Era University Lucknow), and Dr. Anshul Tiwari (Vanderbilt University, USA)** on Day 1. The sessions addressed critical themes such as caregiver burden, evidence-based psychosocial interventions for substance use disorders, suicide prevention through non-verbal communication, and the integration of artificial intelligence in mental healthcare and research.

Day 2 further expanded the discourse with high-impact sessions led by **Prof. (Dr.) Devvarta Kumar (NIMHANS) on school mental health programmes, Prof. (Dr.) Rakesh Kumar Tripathi (KGMU Lucknow) on geriatric mental healthcare, and Dr. Nadeem Kirmani (Amity University Gurugram)** on culturally rooted therapeutic approaches. The conference also hosted multiple panel discussions addressing pressing issues such as self-care among mental health professionals, substance abuse among adolescents, challenges faced by persons with disabilities, and the role of media in shaping mental health outcomes. These sessions featured experts from leading institutions including Era University, Integral University, Amity University, Dr. Shakuntala Misra Rehabilitation University, and CRC Lucknow & Srinagar, ensuring a rich interdisciplinary perspective.

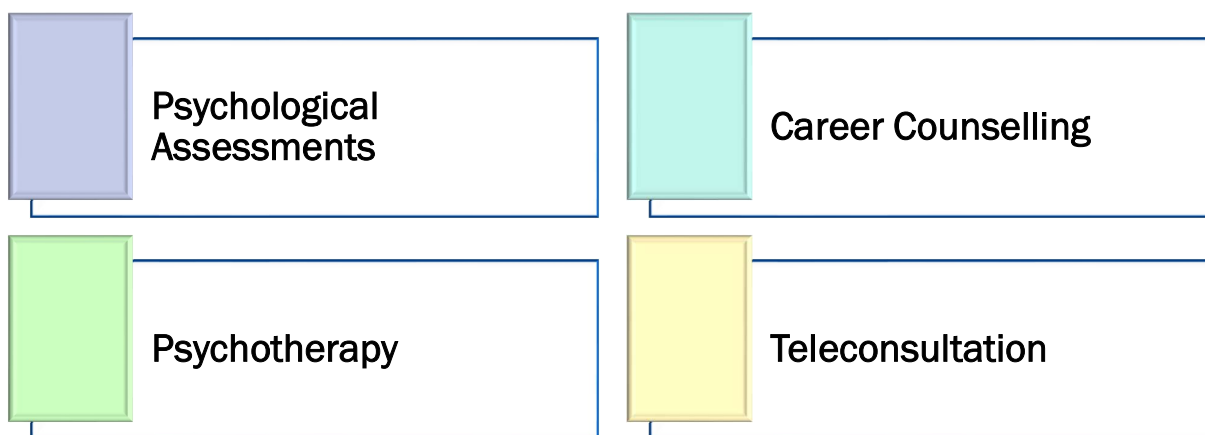
A major highlight of the conference was the strong academic engagement, with 154 research paper presentations conducted through oral, poster, and symposium formats. The event witnessed participation from 368 delegates, reflecting robust national-level engagement. To recognise academic excellence and innovation, 30 research awards were conferred during the valedictory session.



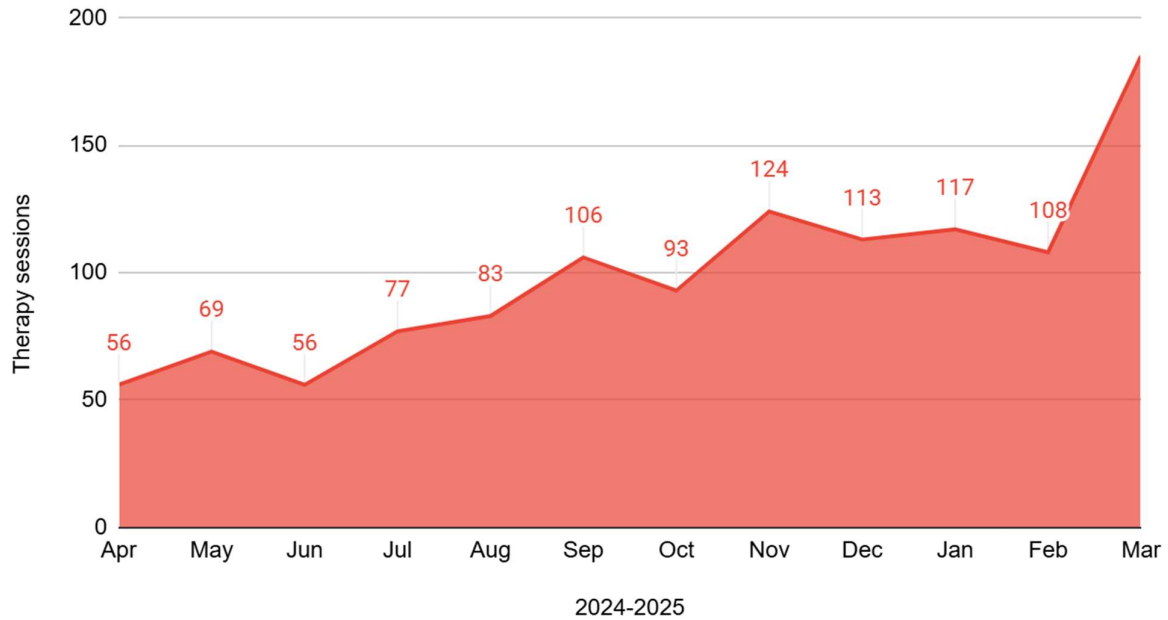
MENTAL HEALTHCARE SERVICES (IMHRC)

IMHRC continued to serve as the core clinical service unit of IPYF Trust, offering multidisciplinary mental healthcare services across diverse population groups. The centre provided psychological assessment, counselling, psychotherapy, and behavioural interventions for children, adolescents, adults, and elderly individuals, addressing a wide range of concerns including emotional and behavioural difficulties, academic stress, neurodevelopmental conditions, substance use issues, and geriatric mental health challenges. Special emphasis was placed on early identification and intervention for children with developmental delays and learning difficulties, alongside psychosocial support for adolescents navigating academic and emotional transitions. For adults, services focused on stress, anxiety, depression, and adjustment-related concerns, while geriatric care addressed issues such as cognitive decline, loneliness, and age-related psychological vulnerabilities. The integration of teleconsultation services further enhanced accessibility, enabling continuity of care for beneficiaries in remote and underserved areas. IMHRC strengthened individualised care planning, improved treatment adherence, and reinforced a continuum-based approach to mental healthcare, thereby contributing to inclusive and accessible service delivery across the lifespan.

Services Delivered:



Service Delivery:



Focus Areas:

Emotional and behavioural concerns

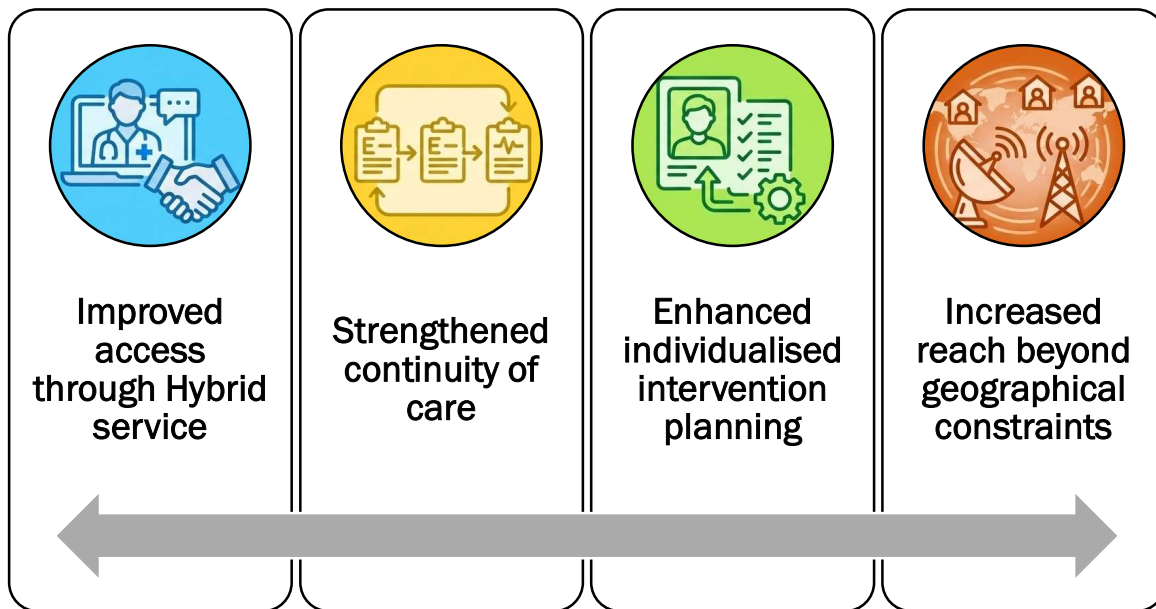
Academic stress and adjustment issues

Neurodevelopmental disorders

Addiction and psychosocial issues

Psychosomatic issues

Behavioural Medicine

Outcome:**CAPACITY BUILDING & TRAINING PROGRAMMES**

IPYF Trust strengthened its capacity-building and human resource development ecosystem, with emphasis on developing skilled, practice-oriented mental health workforce. The organisation curated certification programmes, workshops, and internship-based training programmes designed to bridge the gap between theoretical knowledge and applied clinical practice. A total of 220 individuals were trained through internships and other programmes, alongside 120 workshops conducted across key thematic areas.

1. Certificate Course in Cognitive Behaviour Therapy (CBT)

The Certificate Course in Cognitive Behaviour Therapy (CBT) trained 87 participants during the year and focused on developing core competencies in one of the most widely used evidence-based psychotherapeutic approaches. The primary objective of the programme was to equip participants with skills in case conceptualisation, cognitive restructuring, behavioural techniques, and structured intervention planning. The course adopted a practice-oriented approach, integrating theoretical modules with case discussions, role plays, and supervised learning components.

Course Outcomes:

Participants developed the ability to apply CBT techniques across a range of psychological conditions, including anxiety, depression, and behavioural disorders. The programme enhanced participants' skills in structured therapy delivery, clinical decision-making, and outcome-oriented interventions, thereby strengthening their readiness for professional practice in clinical and community settings.

2. Certificate Course in Applied Behaviour Analysis (ABA)

The Certificate Course in Applied Behaviour Analysis (ABA), with 48 participants, was designed to build specialised competencies in behavioural assessment and intervention, particularly for individuals with neurodevelopmental conditions such as Autism Spectrum Disorder (ASD) and related challenges. The objective of the programme was to train participants in functional behaviour assessment, behaviour modification techniques, reinforcement strategies, and data-driven intervention planning.

The course emphasised a systematic and evidence-based approach, combining conceptual understanding with practical application through case-based learning and behavioural analysis exercises.

Course Outcomes:

Participants gained proficiency in designing and implementing individualised behaviour intervention plans, monitoring progress through data collection, and working effectively with children, families, and multidisciplinary teams. The programme contributed to strengthening the workforce required for early intervention, rehabilitation, and special education services, aligning closely with IPYF's expanding service delivery model.

3. Internship and Training Programme

The Internship and Training Programme was one of the major part of IPYF's capacity-building initiative, focusing on practical learning in real clinical and community settings. During the year, 220 individuals were trained through structured internship programmes in psychology and related fields. Students from reputed institutions such as the University of Lucknow, IGNOU, Amity University, Christ University, O.P. Jindal Global University, University of Delhi, and Manipal University participated, reflecting the programme's growing reach.

The programme provided hands-on experience in assessment, case history taking, basic counselling skills, behavioural observation, and report writing, along with an understanding of professional ethics. Interns were guided by experienced professionals and were actively involved in clinical work, outreach activities, and training sessions. Exposure to settings such as mental healthcare services, school programmes, and early intervention helped them develop a clear and practical understanding of service delivery.

Programme Outcomes

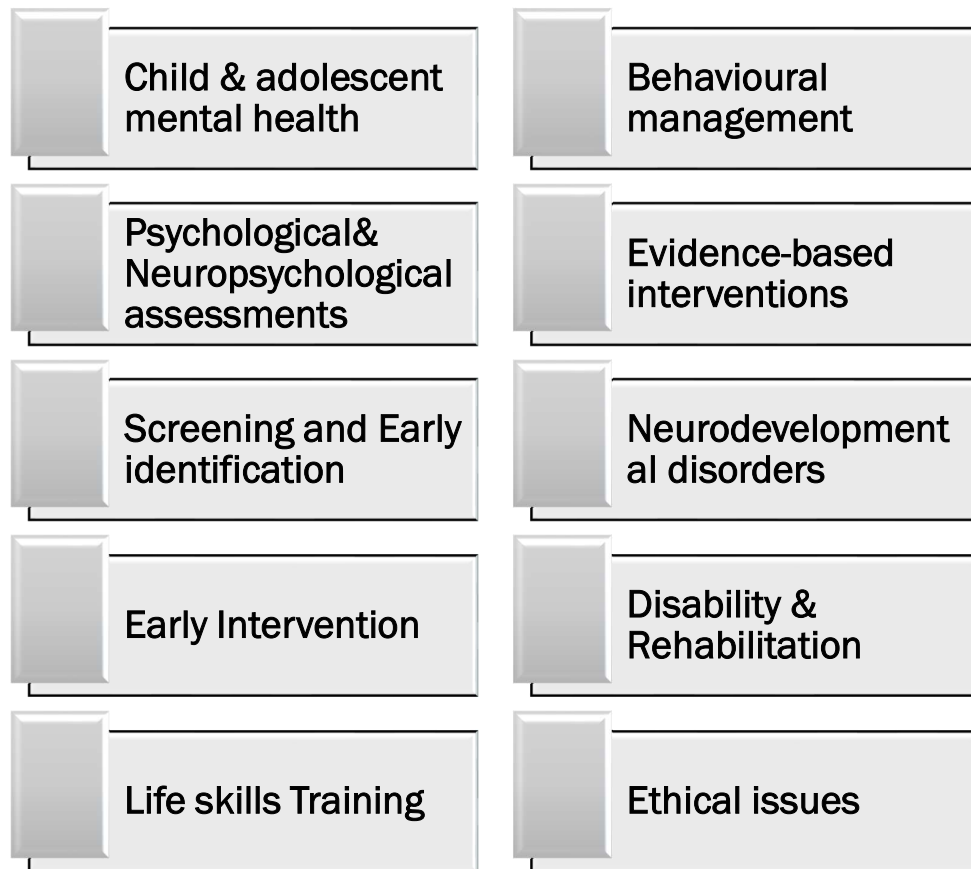
Interns showed improved clinical skills, communication, case documentation, and professional conduct, making them better prepared and equipped for higher level of training and professional practice.

2. Workshops & Training Sessions

IPYF conducted 120 workshops focusing on key areas such as mental health awareness, life skills, stress management, and behavioural understanding. These workshops were delivered across schools, colleges, and community settings, engaging students, teachers, parents, and professionals. The sessions were designed to be interactive and practical, helping participants build awareness, develop coping skills, and better understand mental health and wellbeing.



Training Areas:



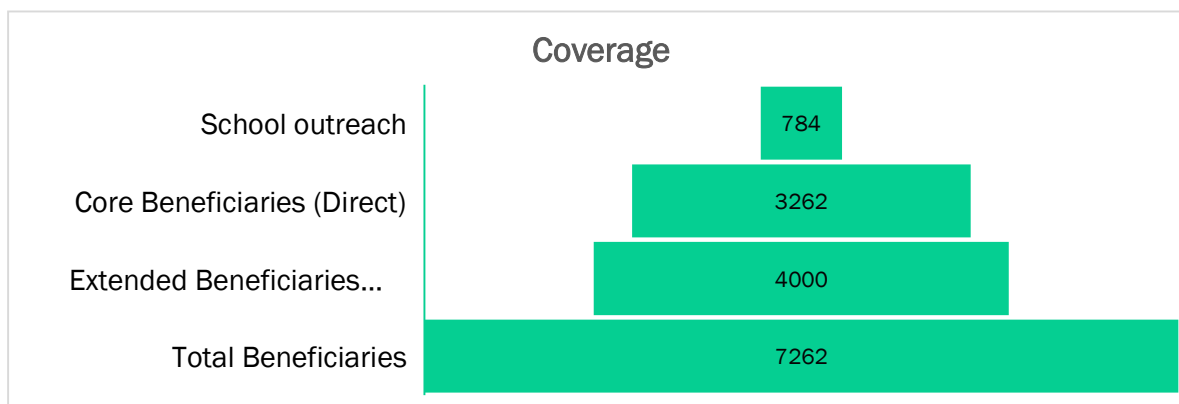
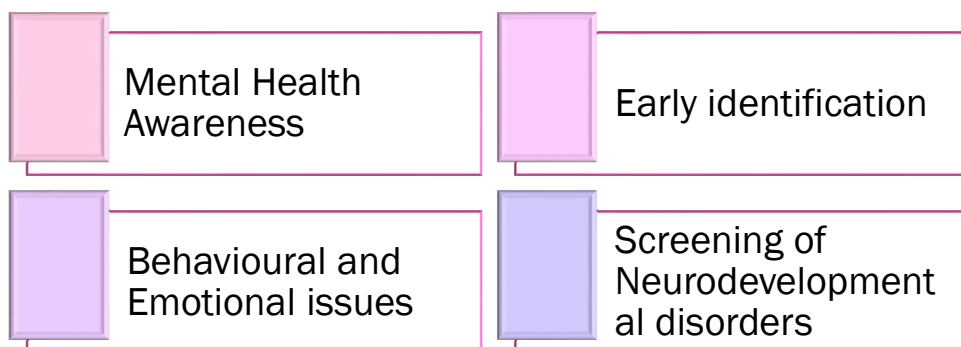
Outcome:



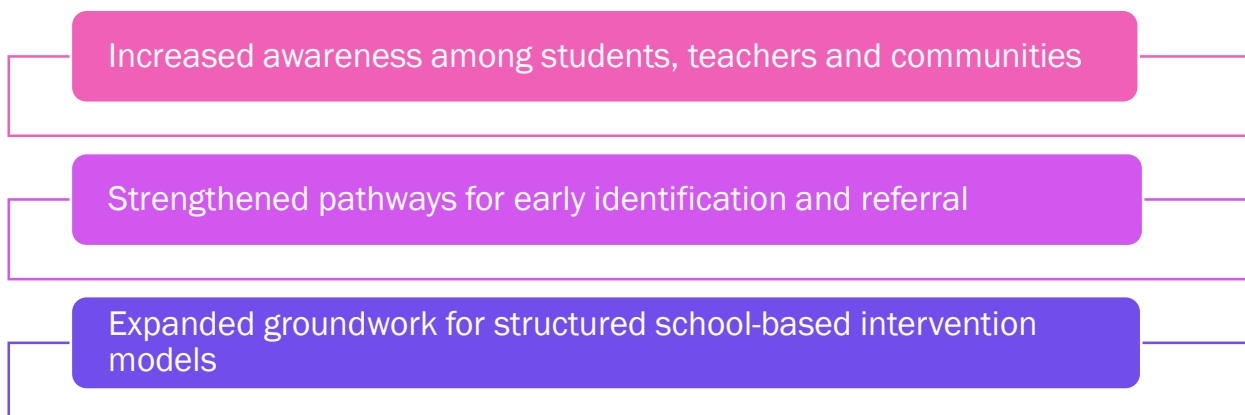
COMMUNITY OUTREACH & SCHOOL PROGRAMMES

The Trust continued outreach activities during FY 2024–25. School outreach engagements were conducted across urban and rural areas. These programmes focused on mental health awareness, early identification, and behavioural sensitisation among students, teachers, and school stakeholders.

Activities Conducted:



Outcome:



INFRASTRUCTURE & PROGRAMME EXPANSION

The establishment of **Hausla Early Intervention & Neuropsychological Rehabilitation Centre**, Lucknow in January 2025 marked a significant step in strengthening IPYF's service delivery ecosystem. The centre was developed as a dedicated, multidisciplinary unit to address the growing need for early identification, intervention, and rehabilitation services for children with developmental, behavioural, and learning challenges. Hausla EIC provides integrated services including psychological assessment, behavioural therapy, special education, speech therapy, and occupational therapy, ensuring a holistic and child-centred approach. The centre also actively engages with parents, teachers, and schools through training, counselling, and outreach programmes, thereby extending its impact beyond clinical settings. This initiative reflects IPYF's strategic shift towards structured, system-based intervention models, combining clinical services with capacity building, research, and community engagement.

हौसला अर्ली इंटरवेंशन और न्यूरोसाइकोलॉजिकल रिहैबिलिटेशन सेंटर का उद्घाटन



सज्जाद बाक़र
सिटीजन वॉयस,
लखनऊ

लखनऊ अर्ली इंटरवेंशन विकलांगता और न्यूरोडिवलपमेंटल विकारों के दीर्घकालिक बोझ को परिवारों और समाज पर कम कर सकता है। यह बच्चों की संज्ञानात्मक, सामाजिक और मोटर क्षमताओं को बेहतर बनाने में महत्वपूर्ण भूमिका निभाता है, जिससे विशेष आवश्यकताओं वाले बच्चे अधिक स्वतंत्र जीवन जी सकते हैं।

राष्ट्रीय आंकड़ों के अनुसार, भारत में लगभग 2.68 करोड़ विकलांग व्यक्ति हैं, और लगभग 12-15 लाख भारतीय बच्चे ऑटिज़्म स्पेक्ट्रम डिसऑर्डर (एस्ड), अटेंशन डिफिसिट हाइपरएक्टिविटी डिसऑर्डर बौद्धिक अक्षमताओं और सीखने में कठिनाइयों जैसी न्यूरोडिवलपमेंटल विकारों से पीड़ित हैं। इन तथ्यों को महानगर, लखनऊ में हौसला अर्ली इंटरवेंशन और न्यूरोसाइकोलॉजिकल रिहैबिलिटेशन सेंटर के उद्घाटन के दौरान विशेषज्ञों ने उजागर किया। इस कार्यक्रम में प्रो. ज़फर जैदी (एमपी यूनिवर्सिटी) मुख्य अतिथि के रूप में उपस्थित रहे, जबकि प्रो. राकेश त्रिपाठी (किंग जॉर्ज मेडिकल यूनिवर्सिटी), अरुण कुमार सिन्हा (पूर्व आईएएस) और प्रो. अलीम सिद्दीकी सम्मानित अतिथि के रूप में शामिल हुए। मुख्य अतिथि प्रो. ज़फर



जैदी ने कहा कि, न्यूरोडिवलपमेंटल विकारों में साइकोथेरेपी और अन्य उपचार से पुनः व्यवस्थित कर सकते हैं और बच्चों में अनुकूलन कार्यप्रणाली को सुधार सकते हैं।

प्रो. राकेश त्रिपाठी ने न्यूरोसाइंस और पुनर्वास में हुई प्रगति को समझाते हुए कहा कि हौसला जैसे केंद्र विकास के महत्वपूर्ण चरण में विशेष हस्तक्षेप प्रदान करेंगे।

पूर्व आईएएस अरुण कुमार सिन्हा और यूनिटी कॉलेज की नजमी रिजवी ने इस पहल को बच्चों के लिए विशेष देखभाल तक पहुंच में अंतर को पाटने में सहायक बताया। उन्होंने कहा कि यह पहल उन परिवारों के लिए एक बेहतर भविष्य सुनिश्चित करेगी जो विकासवात्मक चुनौतियों का सामना कर रहे हैं।

प्रो. अलीम सिद्दीकी और डॉ. शाजिया सिद्दीकी ने समग्र दृष्टिकोण पर जोर देते हुए कहा कि

एक बहु-विषयक दृष्टिकोण जिसमें मनोचिकित्सक, नैदानिक मनोवैज्ञानिक और चिकित्सक शामिल हों, बच्चों के संपूर्ण विकास के लिए आवश्यक है।

हौसला सेंटर का उद्देश्य साइकोथेरेपी, ऑक्यूपेशनल थेरेपी, स्पीच थेरेपी और बिहेवियरल इंटरवेंशन जैसी विशेष चिकित्सा सेवाएं प्रदान करना है, ताकि न्यूरोडिवलपमेंटल विकारों से ग्रस्त बच्चों को सहायता मिल सके।

इस कार्यक्रम में डॉ. साजिद काजमी, डॉ. सफिया तालिब, डॉ. गरिमा सिंह, डॉ. गीता सिंह, ईएनटी सर्जन डॉ. एहसान जैदी, शिया पीजी कॉलेज के प्रो. आगा परवेज़, डॉ. नदिनी शर्मा, डॉ. दीवा राय, डॉ. अबुतुराब रिजवी, डॉ. तौहीद अल्वी, डॉ. सैफ, विशेष शिक्षिका नैसी भारद्वाज और समन इकबाल भी उपस्थित रहें।

Objectives of Hausla:

Early identification and intervention

Multidisciplinary Therapy & Rehabilitation services

Strengthening child and adolescent mental health

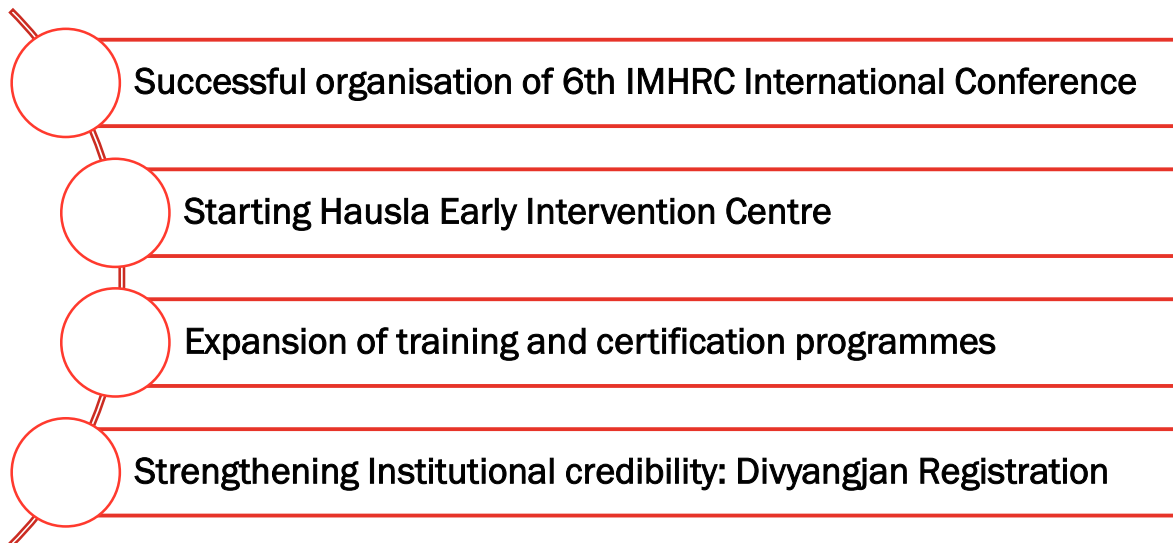
Parent empowerment and counselling

Teacher training and school mental health integration

Capacity building and professional training

Promotion of inclusive education

MOMENTS OF PRIDE (KEY ACHIEVEMENTS)



IMPACT ANALYSIS

Service Delivery

- 60-65% follow-up adherence
- Early Intervention services for neurodevelopmental conditions
- Average 5–6 therapy sessions per case

Capacity Building

- Expanded trained workforce

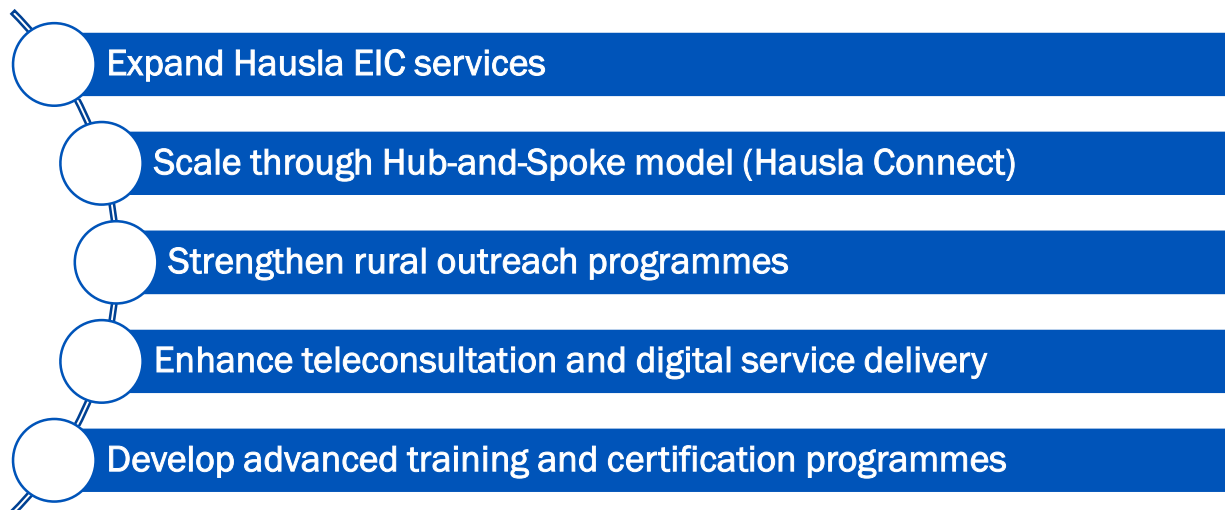
Outreach

- Increased school engagement
- Stronger community awareness

Institutional Growth

- 100% compliance readiness achieved

LOOKING AHEAD



CONCLUSION

The financial year 2024–25 marks a phase of growth, expansion, and operational readiness for scale. With strengthened systems, expanded outreach, and the establishment of key service infrastructure, IPYF Trust has taken decisive steps towards becoming a scalable, impact-driven organisation. As the organisation moves forward, it remains committed to ensuring that accessible, evidence-based mental healthcare and rehabilitation services reach individuals and communities across both urban and rural settings, enabling meaningful and sustained impact.

