



Indian Progressive Youth Forum Trust

Registered under Indian Trusts Act, 1882

Registration Number: 520-4-2012

Strengthening Systems | Expanding Access | Strengthening Outcomes

Annual Report 2023–2024



MESSAGE FROM THE CHAIRPERSON

The financial year 2023–24 has been a defining phase of institutional consolidation and strategic groundwork for Indian Progressive Youth Forum (IPYF) Trust. Guided by our vision of equitable access to health, wellbeing, and holistic development, the organisation has focused on strengthening its core systems while preparing for scale.

During the year, we significantly reinforced our mental healthcare services through IMHRC, expanded our research and academic engagement, and advanced a robust ecosystem of capacity building and professional training. Parallely, we undertook critical steps in strengthening governance, compliance, and administrative systems, ensuring that our programmes are anchored in accountability, quality, and sustainability.

A key emphasis of this year has been the development of an integrated, continuum-based approach—linking awareness, screening, assessment, intervention, and follow-up care. Through our outreach in schools and communities, we have not only expanded access but also initiated early pathways for identification and support, particularly for children and adolescents facing developmental, behavioural, and emotional challenges.

Importantly, FY 2023–24 has laid the foundation for our transition towards structured models of service delivery. This includes the conceptual and operational readiness for early intervention systems, multidisciplinary rehabilitation services, and community-linked outreach models, which will be further strengthened through our upcoming initiatives.

As we move forward, our focus remains on building accessible, evidence-based, and community-responsive systems that bridge critical gaps in mental healthcare and disability services, especially in underserved regions. We remain committed to fostering partnerships, strengthening capacities, and driving meaningful impact at scale.

I extend my sincere appreciation to our trustees, team members, partners, and stakeholders for their continued support and commitment.



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

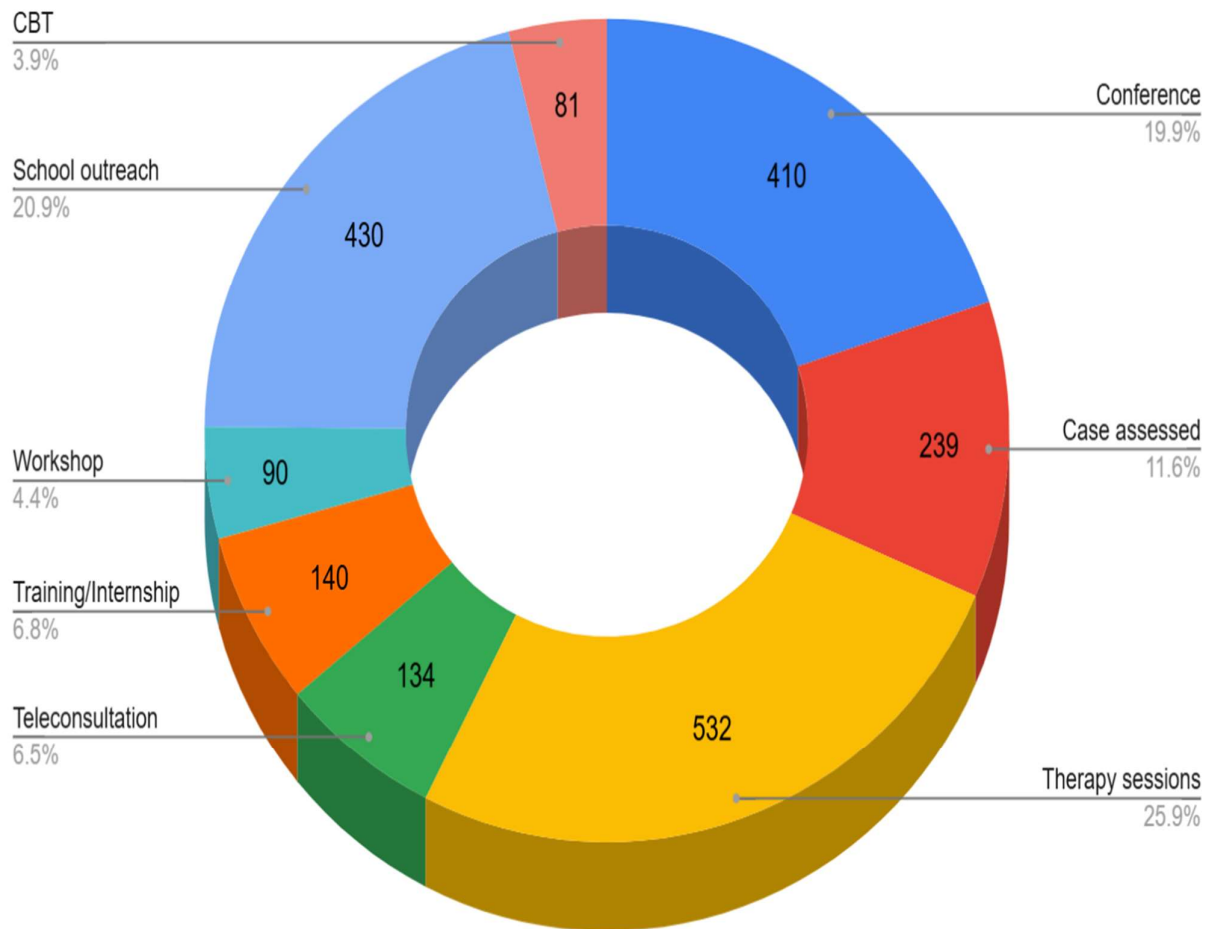
OUR APPROACH

IPYF follows a **continuum-of-care model**:



Our service delivery channels



THE YEAR 2023–24: AT A GLANCE

OUR PROGRAMMES

5th International Conference of IMHRC “Innovative Strategies and Advancements in Academics and Research: Navigating Global Scenarios,” was held on **28–29 October 2023** in a hybrid mode, with offline sessions at Shia P.G. College, Lucknow, and online participation via digital platforms. Organised by the Indian Mental Health and Research Centre (IMHRC), a unit of IPYF Trust, the conference served as a premier interdisciplinary platform bringing together researchers, academicians, clinicians, and practitioners from across India and abroad. The event aimed to facilitate the exchange of emerging knowledge, innovative methodologies, and global perspectives across domains such as mental healthcare, behavioural sciences, disability and rehabilitation, medical and life sciences, artificial intelligence, education, and social sciences.

The conference featured keynote lectures, plenary sessions, and scientific presentations by eminent experts including **Dr. Archana Shukla (University of Lucknow), Dr. Gagan Prakash (Symbiosis International University), Prof. Raza A. Mir (William Paterson University, USA), Prof. Gauri Shanker Kaloiya (AIIMS, New Delhi), Dr. Yogeshwer Shukla (CSIR–Indian Institute of Toxicology Research), Dr. Sonia Gupte (USA), Prof. Abul Hossain (Green University, Bangladesh), Prof. Madhu Kushwaha (Banaras Hindu University), Prof. Rakesh Kumar Tripathi (King George’s Medical University), Dr. Ruby Charak (University of Texas Rio Grande Valley, USA), and Prof. Beatrice Dernbach (Nuremberg University of Technology, Germany).** Their contributions ensured strong academic rigor and global relevance.

The programme included 3 Pre-Conference Workshops viz. ***Psychosomatic Conditions: Understanding Well-Being From a Holistic Perspective, Internet Over-Use Among Adolescents : Preventive and Management Strategies, Application of ‘Motivation Enhancement Therapy’ and ‘Relapse Prevention Therapy’ in the Management of Substance Abuse;*** research paper presentations (oral and poster formats), interdisciplinary panel discussions, and pre-conference workshops focusing on psychosomatic health, substance abuse management using evidence-based therapies, and internet addiction among adolescents. Participants were provided opportunities for publication in reputed indexed journals and edited volumes, along with recognition through research awards.

With over 410 participants, including professionals, academicians, researchers, and students, the conference demonstrated significant national and international engagement. Overall, the event strengthened IPYF’s position as a research and knowledge hub, facilitated academic collaborations, and enhanced its visibility within the mental healthcare and research ecosystem.

PRE-CONFERENCE WORKSHOPS

PSYCHOSOMATIC CONDITIONS: UNDERSTANDING WELL-BEING FROM A HOLISTIC PERSPECTIVE



Mr. Rajesh J. Singh
Founder CEO
Happiness Soulutions

Workshop Highlights:

Psychosomatic conditions refer to physical symptoms that are influenced by psychological factors. These conditions are characterised by the interplay between the mind and body, where emotional or mental distress can manifest as physical symptoms.

- Integrated Model of Living
- Body Syndromes – Psychological aspects of seemingly Physiological ailments
- Preventive vs Curative Approach of Intervention
- Case Studies of Actual Clients who have recovered with Holistic Intervention.

Workshop Features: Hands on training, Digital Certificate of Participation

Date: 27.10.2023

Time: 10:00 AM – 12:00 PM

Participation: FREE

Certification Fee: ₹ 250

Platform: ZOOM

INTERNET OVER-USE AMONG ADOLESCENTS : PREVENTIVE AND MANAGEMENT STRATEGIES



Dr. Abhay Singh
Psychiatrist
Balrampur Hospital, Lucknow

Workshop Highlights:

Problematic use, Dependence
Neurobiology of Addiction

Workshop Highlights:

Psychology of addiction
Prevention and Management



Dr. Divya Prasad
Clinical Psychologist
Divy-Manas, Lucknow

Workshop Features:

Hands on training, Certificate of Participation

Date: 27.10.2023

Time: 01:00 PM – 03:00 PM

Registration Fee: ₹ 250

Venue: Shia P.G. College

APPLICATION OF 'MOTIVATION ENHANCEMENT THERAPY' AND 'RELAPSE PREVENTION THERAPY' IN THE MANAGEMENT OF SUBSTANCE ABUSE



Dr. Geeta Singh
Dept. of Clinical Psychology
Amity University Lucknow
Alumni AIIMS Delhi

Workshop Highlights:

Substance abuse disorders are associated with a number of adverse consequences and high rate of relapse.

Understanding the effective use of evidence-based psychotherapy such as MET and RPT may facilitate the enhanced treatment outcome of substance abuse treatment programs.

Workshop Features:

Hands on training, Certificate of Participation

Date: 27.10.2023

Time: 03:30 PM – 05:30 PM

Registration Fee: ₹ 250

Venue: Shia P.G. College



Research Paper Presentations



Best Research Paper/Presentation Awards



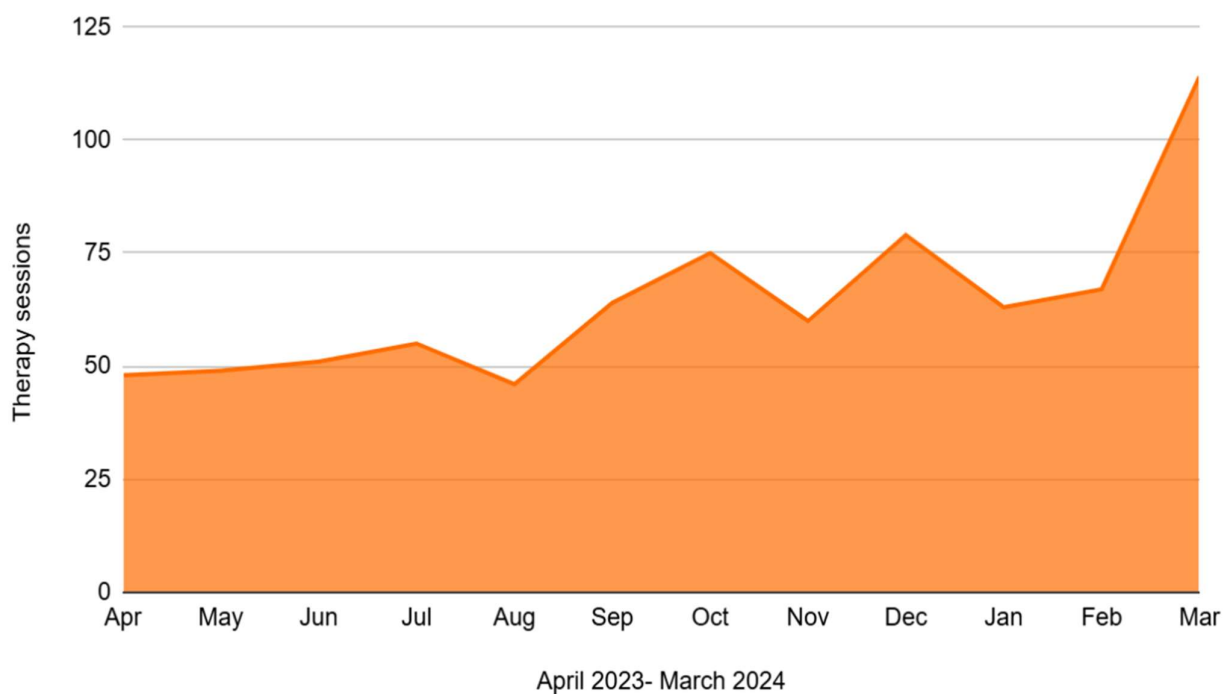
MENTAL HEALTHCARE SERVICES (IMHRC)

The Indian Mental Health and Research Centre (IMHRC) continued to serve as the **core clinical and research unit** of IPYF.

Services Delivered:



Service Delivery:



Focus Areas:**Outcome:**

CAPACITY BUILDING & TRAINING PROGRAMMES

1. Certification Programme

IPYF Trust strengthened its capacity-building initiatives through the successful implementation of two batches of the Certification Course in Cognitive Behaviour Therapy (CBT). The programme focused on equipping participants with evidence-based therapeutic skills, including case conceptualisation, cognitive restructuring, and structured intervention planning. Delivered through a combination of theoretical inputs and practical case-based learning, the course contributed to building a competent pool of trained mental health professionals and trainees.

COGNITIVE BEHAVIOUR THERAPY (CBT)

Supervision & Training Level-1 (Beginner level)

This Certificate course intends to cover theoretical framework of CBT as well as its practical application in general and across various clinical conditions.

Trainees will receive comprehensive understanding on behavioural and cognitive strategies used in CBT, structured & systematic use of CBT techniques, knowledge on prioritising the use of available techniques, challenges & contraindications of CBT.

Course Facilitator:

Dr. Geeta Singh

Assistant Professor & Clinical Psychologist
Ph.D. (Clinical Psychology)-AIIMS Delhi
M.Phil. (Clinical Psychology)-CIP Ranchi



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Apply Now



ONLINE MODE

DURATION

3 Months
(Lecture, Case discussion, therapy demonstration)

ELIGIBILITY

P.G. in Psychology/Clinical, Counselling, Forensic Psychology/Social Work/Sociology/ MD Psychiatry/M.Phil. Clinical Psychology/PhD

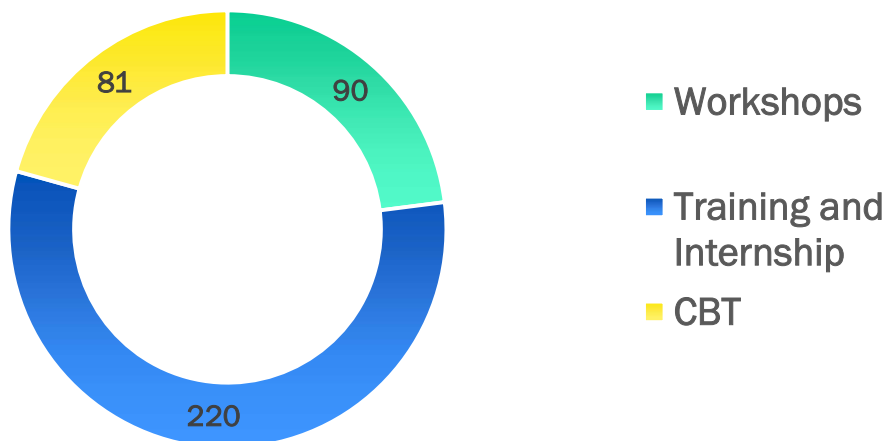
SCAN TO REGISTER

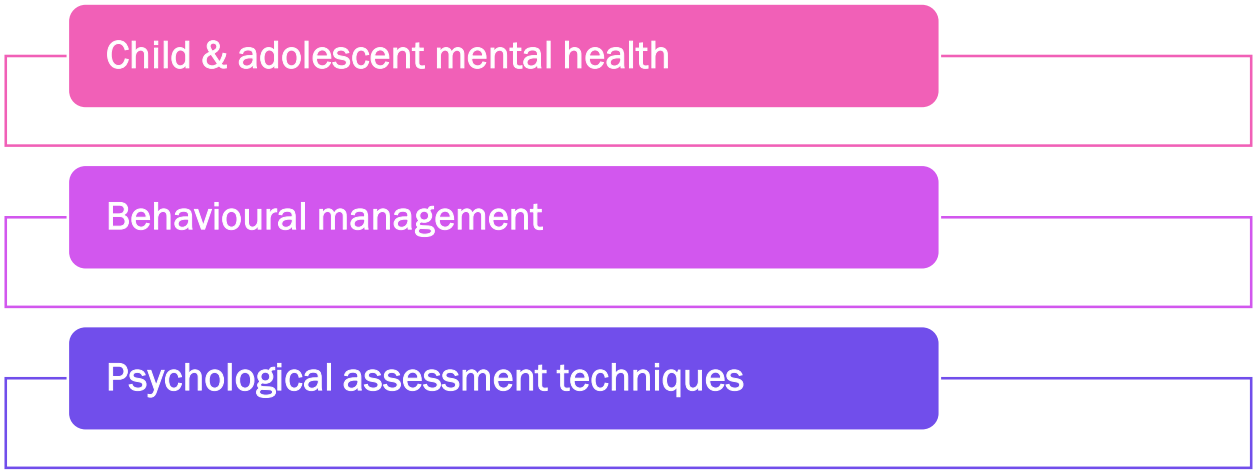


www.imhrc.org

2. Workshops & Training Sessions

Training Programmes

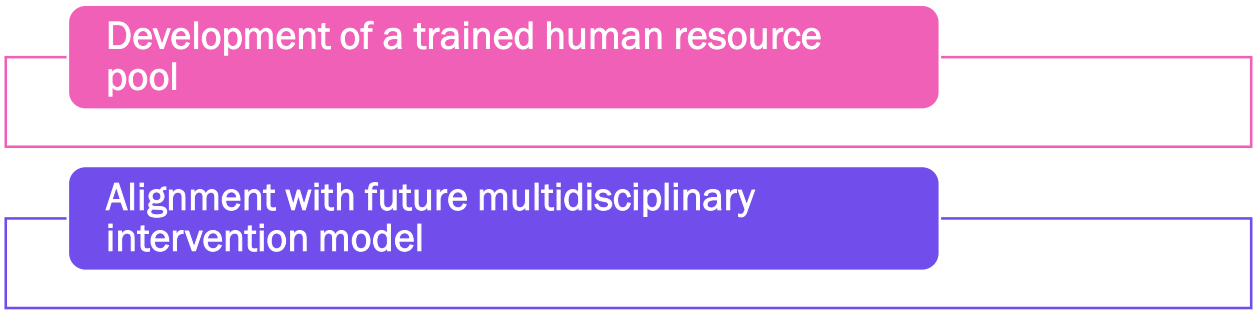


Training Areas:


Child & adolescent mental health

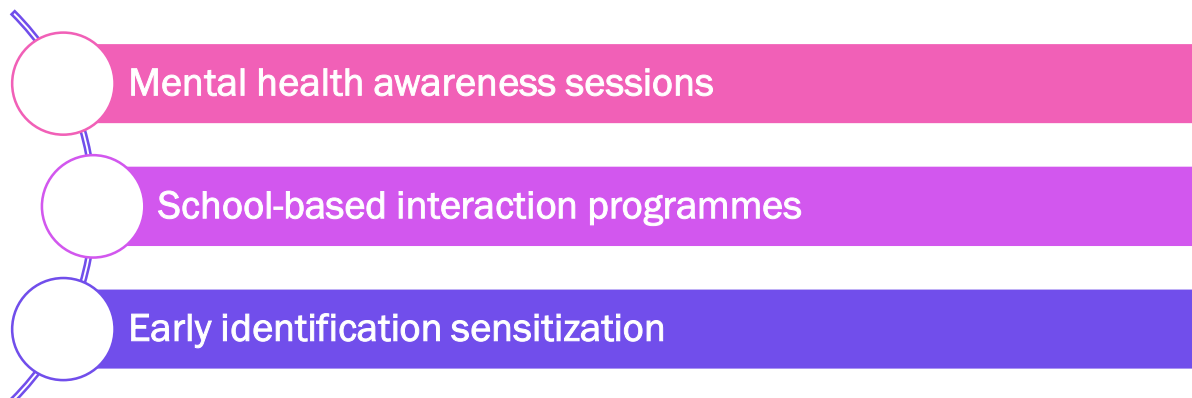
Behavioural management

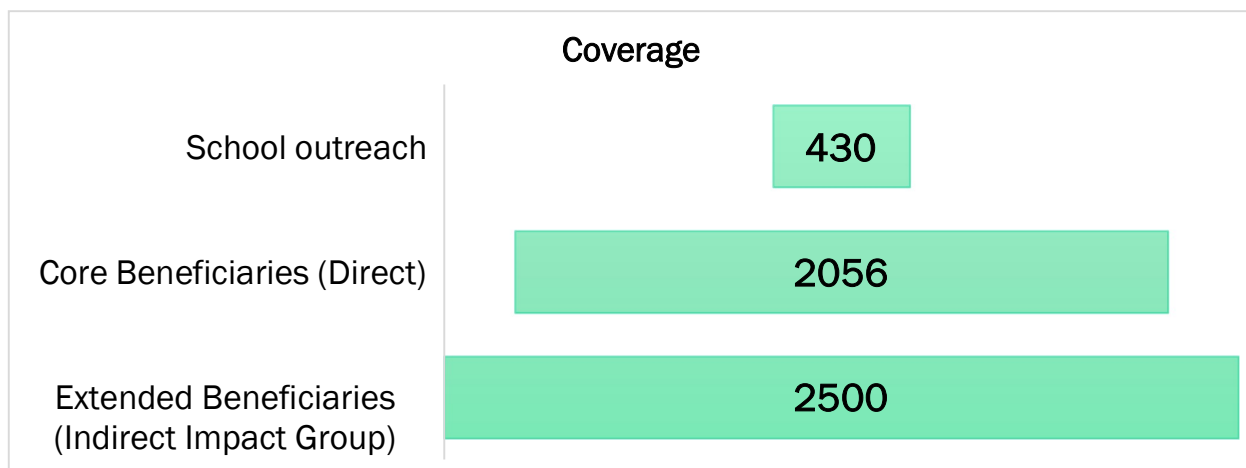
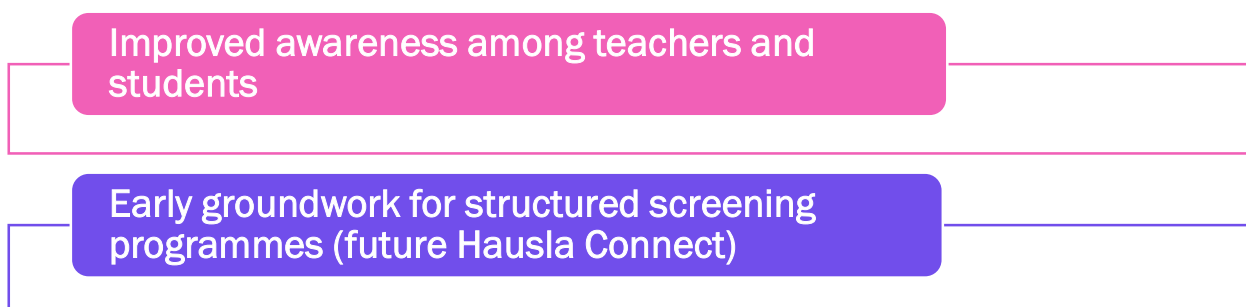
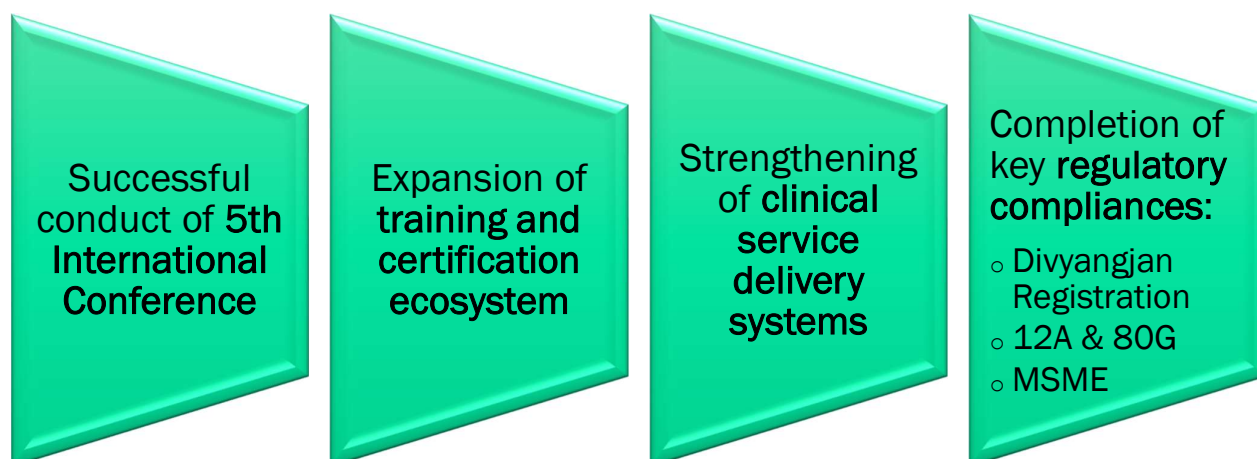
Psychological assessment techniques

Outcome:


Development of a trained human resource pool

Alignment with future multidisciplinary intervention model

COMMUNITY OUTREACH & SCHOOL PROGRAMMES**Activities Conducted:**

Coverage:**Outcome:****MOMENTS OF PRIDE (KEY ACHIEVEMENTS)**

IMPACT ANALYSIS

Service Delivery

- 55-60% follow-up adherence
- Average 3–4 therapy sessions per case

Capacity Building

- Expanded trained workforce

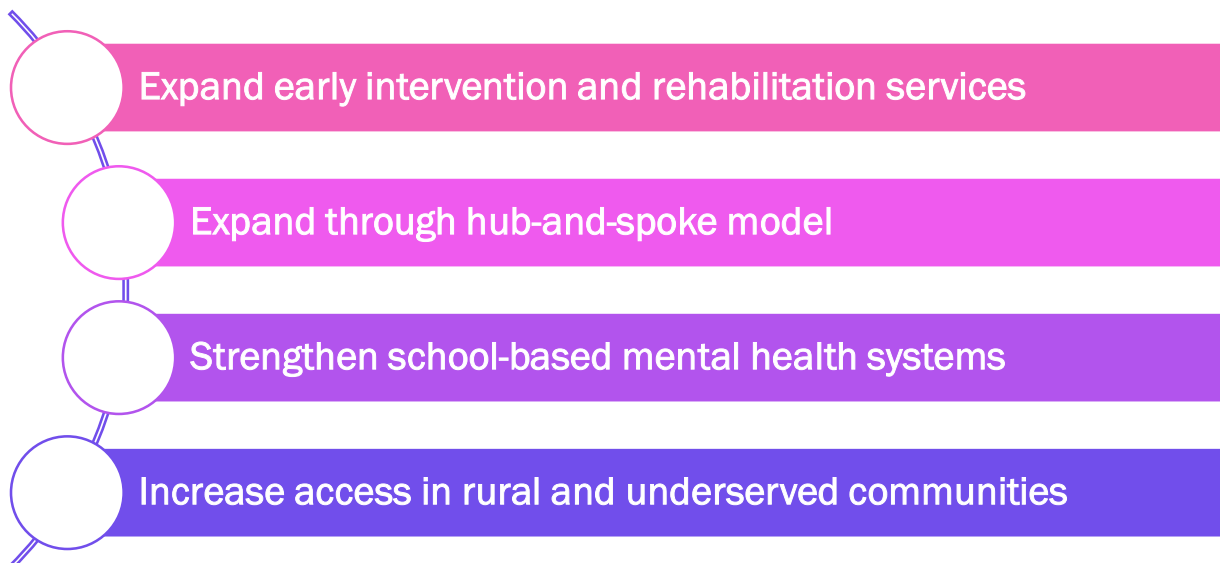
Outreach

- Increased school engagement
- Stronger community awareness

Institutional Growth

- 100% compliance readiness achieved

LOOKING AHEAD



CONCLUSION

The financial year 2023–24 marks a phase of institutional maturity, systems strengthening, and strategic consolidation for IPYF Trust. Through sustained efforts in clinical services, capacity building, research, and community outreach, the organisation has established a strong foundation for scale. With enhanced governance frameworks, programme standardisation, and growing academic and field presence, IPYF now stands at a critical juncture—well-positioned to transition into a scalable, impact-driven organisation. Moving forward, the Trust is poised to expand its reach through structured models of care, addressing the pressing needs in mental healthcare, early intervention, and disability services across both urban and rural communities.

