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Department of Educational Management and Applied Psychology
National Institute of Technical Teachers' Training and Research (NITTTR)
Taramani, Chennai - 600 113, India

Email: journaliaap@gmail.com Visit us: www.iaap.co.in, www.jiaap.in
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A group of Psychologists met at Hotel Woodlands, Chennai on January 13, 1962 and resolved to start an All India Association of Psychologists which can function as a single unit in the country. In order to give a start an adhoc committee was constituted with Dr. T.E. shanmugam as Convenor to prepare draft constitution for the Indian Academy of Applied Psychology (IAAP). The first general body meeting was held on 18th February 1962 at Presidency College, Chennai and unanimously approved the establishment of the IAAP, and Rules and Regulations of the IAAP. The IAAP since its inception, is serving the Indian society through various professional activities.

The important objectives are:

- a) To promote the advancement and diffusion of knowledge of Psychology and to promote the efficiency and usefulness of its members by setting up a high standard of professional education and knowledge.
- b) To arrange, provide for, or join in arranging and providing for the holding of conference, regional, national (or international), exhibitions, meetings, lectures, classes and discussions on subjects of general and special interests in Psychology, and also for the exhibition of any new, improved, or other apparatus for Psychological Research
- c) To co-operate with academic, professional and other bodies in the advancement of Psychology and other sciences.
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