



National Institute of Psychology

Centre of Excellence, Quaid-i-Azam University, Islamabad
is organizing a series of webinars
for psychological help of community during COVID-19



NO REGISTRATION FEE

Registration is on first come first serve basis.

Objectives

In the context of COVID-19, a highly qualified and trained faculty of NIP is conducting webinars to:

- ◆ Provide awareness to people about their psychological and mental health.
- ◆ Enable them for self-management to achieve emotional stability.
- ◆ Help them enhance their skills to deal their emotional issues and trauma.
- ◆ Offer them an opportunity to discuss their emerging psychological issues due to social distancing.

Title of Webinar	Resource Person	Date	Last Date of Registration
Building Emotional Stability : Boost up Your Mental Health to Deal Stressors Related to Pandemic	Dr. Rubina Hanif	2 nd June, 2020	30 th May, 2020
Practices and Ethics of Telecommuting Amidst COVID 19	Dr. Aisha Zubair	4 th June, 2020	2 nd June, 2020
Bringing Change to Approach in Life for Managing Stress	Dr. Humaira Jami	9 th June, 2020	7 th June, 2020
Managing your Anger During COVID-19	Dr. Irum Naqvi	11 th June, 2020	9 th June, 2020
Effective use of 'Me' Time During Pandemic: A Time of Self-Improvement	Ms. Arooj Mujeeb	18 th June, 2020	16 th June, 2020
Staying Positive Amidst COVID-19	Dr. Sobia Masood	2 nd July, 2020	30 th June, 2020
Children's Emotional Well-being During Pandemic.	Ms. Saira Khan	6 th July, 2020	4 th July, 2020
Spiritual Healing in Dealing with Anxiety During COVID-19	Dr. Imran Bukhari	14 th July, 2020	12 th July, 2020
Enhancing Well-being for Teachers and Students During Pandemic	Ms. Raiha Aftab	4 th August, 2020	2 nd August, 2020
COVID-19 Coping Strategies for Parents of Children with Special Needs	Dr. Nelofar Kiran	10 th August, 2020	8 th August, 2020
Building Resilience During COVID-19	Ms. Riffat Zahir	12 th August, 2020	10 th August, 2020
Substance Abuse and COVID 19	Dr. Naeem Aslam	18 th August, 2020	16 th August, 2020

Who Should Attend

Everyone during COVID-19 Lock Down is going through stress, anxiety, emotional distress, irritability, helplessness, anger, and loneliness. We strongly recommend parents, teachers, students, working and nonworking individuals, researchers, scholars, etc to attend these webinars for their mental health.

Organizing Committee

Prof. Dr. Anila Kamal (Director)
Dr. Rubina Hanif (Organizer)
Mr. Tahir Ellahi (Coordinator)
Mr. Muhammad Usman (IT Coordinator)

Register yourself:
by email: covidwebinars@nip.edu.pk or
WhatsApp: [0342-5371636](tel:0342-5371636)