



National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad, Pakistan  
 Phone: 2896011, Fax: 2896012, E-mail: newsletter@nip.edu.pk, Website: http://www.nip.edu.pk/newsletter.html

### *In this Issue*

NIP Spring Gala 2019	1
NIP Student Council Elections (2019-2020)	2
First Lady Mrs. Samina Alvi's Visit to NIP	3
Seminars at NIP	3
PhD Public Defenses	4
Quaid-i-Azam University Islamabad's 8th General Convocation (2019)	5
Awareness Campaign on Climate Change	5
NIP Students' Participation at the Asian Council of Science Editors Conference in Faisalabad	6
A Day Trip to Nathiagali and Ayubia	6
NIP's Participation in a Talk by Chairman HEC, Dr. Tariq Banuri	7
NIP's Participation in Jeh'd 2019	7
NIP's Participation in HEC's 38th All Pakistan Inter-varsity Tennis Men's Championship	7
Featured Alumni: Dr. Aneela Maqsood	8

### NIP SPRING GALA 2019



### *Editorial Board*



#### **Patron**

Prof. Dr. Anila Kamal  
 dranilakamal@nip.edu.pk



#### **Editor**

Ms. Riffat Zahir  
 riffatzahir@nip.edu.pk



#### **Computer Assistance**

Fahad Mukhtar  
 fahad@nip.edu.pk

NIP bid farewell to winter and welcomed spring by organizing its annual spring gala on 19th April, 2019. The colorful event was arranged by NIP Student Council under the supervision of NIP Students' Affairs Incharge Dr. Rubina Hanif and NIP Director, Prof. Dr. Anila Kamal on NIP premises.

To engage the audience in the essence of spring, the venue was beautifully decorated. A variety of activities had been organized to entertain the audience while several food stalls with scrumptious food had been set up to tantalize the attendees' taste buds. The event started around 11 o'clock with the ribbon cutting ceremony by Dr. Anila Kamal and was quickly followed by enthusiastic participation of NIP students and staff in a tug of war competition, 3 legged race and sack race. Soon after, stage performances commenced with a walk by students dressed up in regional attires, a reflection of diversity within the NIP family. The participants of a mimicry performance, a singing competition and poetry recitals earned immense praise from the audiences. At the end of the event, winners and runner ups of different competitions held during the sports week were



awarded with shields and certificates for their active participation. On this occasion, the outgoing student council members were appreciated for their services rendered during their tenure while the newly elected

student council body was introduced and welcomed. The event concluded with a thanksgiving note by NIP Director, Prof. Dr. Anila Kamal.

*Reported by: Arfa Mubeen*

## NIP STUDENT COUNCIL ELECTIONS (2019-2020)

Elections for the NIP Student Council for the year 2019-20 were held on 18th April, 2019 under the supervision of NIP student affairs incharge Dr. Rubina Hanif. The posts open for the contest included the posts of President, Vice President, General Secretary, Information Secretary and Financial Secretary on which all current NIP students were eligible to apply. One week was given to the contesting students for submission of forms and election campaigning. The weeklong election campaign activities on NIP

premises portrayed a multitude of aspects about contestants' personalities through their interaction with the voters and the speeches they delivered with interesting plans and promises they had for the NIP student body in case of a win. On the Election Day, polling started at 10 am and continued till around 2:30 in the afternoon. The process of vote casting had been shared with the voters beforehand. Each candidate had one polling agent representing him/her at the polling area. Along with Dr. Rubina Hanif,



Dr. Jamil Malik and NIP staff including Mr Tahir Elahi, Mr. Muhammad Usman, Mr. Abdul Qayum

and Mr. Naveed Aslam rendered their services for the successful conduction of elections. Around 4 pm, election winners were announced. Wasiq Ghayoor Abbasi from M.Sc. 2 won the post of President, whereas Ayesha Shah from M.Sc. 1 got maximum votes for the post of Vice President seat. Furthermore, Muhammad Umair from M.Sc. 1 was elected as General Secretary, Erum Aslam from M.Sc. 1 as Finance Secretary and Arfa Mubeen from M.Phil 2 as Information Secretary for the year 2019-20. On this occasion, warm wishes for all the winners were expressed by NIP Director, Prof. Dr. Anila Kamal and Dr. Rubina Hanif.

*Reported by: Arfa Mubeen*

## FIRST LADY MRS. SAMINA ALVI'S VISIT TO NIP



On 17th April 2019, First Lady of Pakistan, Mrs. Samina Alvi visited the National Institute of Psychology to attend the inaugural session of one day training workshop titled "Rising Anxiety and Depression: Addressing PhD Research Students' Concerns".

NIP had outsourced Lisa Cherry and Saffina Ellahi, Trauma Trainers from UK as resource persons of the workshop because of their specialization in attachment, manifestation of trauma, self-meditation, emotional wellbeing for children in care leavers in



education, raising aspiration, and recovery from addiction. Vice Chancellor, Prof. Dr. Muhammad Ali and Registrar Quaid-i-Azam University Islamabad, Dr. Shafiq-ur-Rehman were also present for the event along with a good number of NIP M.Phil and PhD students and faculty. The worthy vice chancellor also addressed the inaugural session of the workshop and appreciated NIP's efforts for conducting such kind of training workshops. On this occasion, Mrs. Samina Alvi was thanked for her time and presented with a shield.

*Reported by: Ms. Riffat Zahir*

## SEMINARS AT NIP

Two speakers were invited by NIP to deliver awareness seminars for NIP students during April, 2019 as part of the Tuesday Seminars.

The first seminar was conducted by Ms. Erum Shakir, a clinical psychologist from Serenity Clinic Islamabad on 2nd April, 2019. The seminar's title was "Mental Health and the Ultimate Remedy" and it

intended to raise awareness regarding mental health problems faced by youngsters. Ms. Shakir focused upon understanding psychological problems and seeking help from a mental health care professional for their effective management. She talked about the array of mental health issues faced by today's youth ranging from anxiety, depression, drug addiction to various other personality, behavioral and other

## NIP Activities



mental disorders and physical illnesses that result in miserable lives as well as suicides. Speaking on the occasion, she highlighted on Surah-e-Rahman based therapy to address the mental health related issues where she shared various success stories of people undergoing such treatment regimes.

The 2nd seminar titled “Depathologization of Transgender and Intersex Identities” was held on 29th April, 2019. The seminar was sponsored by “Wajood”, a registered community based organization made for the transgender community in Pakistan. Executive Director of “Wajood”, Bubbli Malik and some other members of the organization attended the event along with UNDP consultant to the Ministry of Human Rights, Aisha Mughal.



The speaker for the event was Dr. Sana Yasir, a physician and Pakistan’s first intersex educator who passionately advocates for the health rights of invisible intersex and transgendered population in the Pakistani society. Speaking on the occasion, Dr. Yasir clarified myths and misconceptions about intersex and transgender individuals and identified the various kinds of non-binary identities. She suggested ways of interacting with individuals with non-binary identities in a non-discriminatory manner and emphasized that such identities should not be treated as a disease or a disorder. At the end of the seminar, Dr. Yasir answered a lot of questions by the students.

*Reported by: Ms. Riffat Zahir*

## PHD PUBLIC DEFENSES



NIP PhD scholar, Noreen Akhtar defended her PhD dissertation on 4th Feb. 2019. The dissertation’s title was “Emotional Labor, Employees’ Affective States, and Job Satisfaction: Role of Supervisory Support” and it had been supervised by Prof. Dr. M. Anis ul Haque. The external examiners for the defense were Dr. Muhammad Jahanzeb Khan and Dr. Mumtaz Fatima Jaffery.



The PhD Public Defense of NIP PhD Scholar, Ms. Aneza Bashir was held on Tuesday, 18th June, 2019. The dissertation titled “Antecedents and Outcomes of Workplace Bullying in Pakistani Organizations” had been supervised by Dr. Rubina Hanif. The external examiners on this occasion were Dr. Uzma Masroor and Dr. Aneela Maqsood.

*Reported by: Ms. Riffat Zahir*

## QUAID-I-AZAM UNIVERSITY ISLAMABAD'S 8TH GENERAL CONVOCATION (2019)



M.Sc., M.Phil. and PhD graduates from the National Institute of Psychology were among the 4466 students who were conferred upon degrees in Quaid-i-Azam University Islamabad's 8th General Convocation held at the Jinnah Convention Centre Islamabad on 16th April, 2019. The Pro-Chancellor of QAU, Federal Minister of Education and Professional Training, Shafqat Mehmood awarded the degrees to the graduates. On this occasion, NIP



students won several honors. Warda Saleh (M.Phil.) was awarded the Chancellor's Medal while Anum Ul Malik (M.Phil.), Rabia Javaid (M.Phil.), Farah Wanchoo Mir (M.Sc.), Sadaf Rehman (M.Sc.), Summia Waheed (M.Sc.) and Warda Saleh (M.Sc.) received the Vice-Chancellor medals. Eleven PhD graduates from NIP including Dr. Irum Naqvi and Dr. Nelofer Kiran Rauf from the faculty also received their degrees.

*Reported by: Ms. Riffat Zahir*

## AWARENESS CAMPAIGN ON CLIMATE CHANGE



NIP students from M.Sc. have become a part of an awareness campaign on climate change. The campaign called "Fridays for Future" has started to run across colleges and universities in major cities of Pakistan since March, 2019 and every Friday students arrange a small awareness campaign in their institutes for the better future of Pakistan.

The campaign was inspired by a then 15 year-old Swedish schoolgirl, Greta Thunberg who in August 2018 sat in front of the Swedish parliament every school day for three weeks, to protest against the lack of action on the climate crisis. By March 2019,



an estimated 1.4 million students in 112 countries around the world had joined her call in the striking and protesting. Though globally the participating students boycott classes once a week but Pakistani students have chosen to run a climate awareness campaign instead to avoid being disruptive. NIP students have joined the campaign to play their role in voicing the unique vulnerability of our country to this global crisis on the international forum and because effects of the climate crisis are already affecting Pakistan in the form of frequent floods, melting of glaciers, droughts, rising sea levels, air pollution and health risks.

*Reported by: Ms. Riffat Zahir*

## NIP STUDENTS' PARTICIPATION AT THE ASIAN COUNCIL OF SCIENCE EDITORS CONFERENCE IN FAISALABAD



Asian Council of Science Editors, a nonprofit Asian based and internationally oriented organization that was created to connect the Asian scholarly community, promote best practices in scholarly publishing and disseminate the intelligent information and solutions, held its First Edition of the Emerging Scientist Conference in Faisalabad on March 30-31, 2019. This event immersed more than 130 participants from all parts of Pakistan and provided a meritorious floor for endorsing interaction among the leading academic researchers, active scientists and the early career researchers.

at NIP presented her research entitled “Mental State Talk: Assessment through Wordless Picture Book Reading” in the Poster Presentation Category during this conference and secured 1st place for the most innovative research idea with an incentive of Rs. 15,000. Another NIP student, Saira Javed was awarded 3rd place in the same category for her poster “Geriatric Depression and Executive Dysfunctioning” with an incentive of Rs. 5000. Both researches had been co-authored by Dr. Rubina Hanif, tenured associate professor at NIP.

On this occasion, Hafsa Khalil Toor, a PhD scholar

*Reported by: Hafsa Khalil Toor*

## A DAY TRIP TO NATHIAGALI AND AYUBIA

NIP students went on a day trip to Nathiagali and Ayubia on Saturday, 4th May accompanied by Ms. Saira Khan and Ms. Sara Imtiaz from the faculty and Mr. Tasleem Khalid and Mr. Naveed Aslam from the Student Affairs. The trip had been arranged by the newly elected NIP Student council under the guidance of NIP Students' affairs incharge, Dr. Rubina Hanif and NIP Director, Prof. Dr. Anila Kamal.

The journey started at 10 am and as the coasters departed towards their desired location the students started singing and dancing merrily along the way. The first stop for the trippers came at around 12:30 in the afternoon at a very magnificent point near Nathiagali. Most students took out their cell phones to capture the stunning scenery and selfies and groupies of themselves and their friends. Once everyone had somewhat attained the satisfaction of taking enough pictures and was re-energized, the journey started again. Finally around 2 pm



the coasters reached Nathiagali. The weather was pleasant, rather a bit chilly and in sharp contrast to the hot weather of Islamabad and Rawalpindi. Right from the start of the trip, the students had been keen for hiking upto Ayubia and upon reaching the destination, the Pipeline Track was chosen as the way to do so. By the time the trippers reached

Ayubia through the track, food was the only thing on everyone's mind. The students rushed to the very first restaurant they could find and had their lunch. After enjoying a scrumptious meal, all went towards the chairlift and enjoyed a long and pleasant ride on it. As the sun started setting, everyone gathered

around for the last group picture of the trip. Soon everyone settled in their coasters to start the return journey. Around 10 pm, we reached Islamabad with tired bodies but refreshed souls.

*Reported by: Arfa Mubeen*

### NIP'S PARTICIPATION IN A TALK BY CHAIRMAN HEC, DR. TARIQ BANURI

Dr. Humaira Jami and Dr. Seema Ahmed from the NIP faculty along with some students attended a talk by Dr. Tariq Banuri, Chairman, Higher Education Commission Pakistan (HEC) on Thursday, 9th May, 2019 at the Earth Sciences Auditorium, QAU, Islamabad.

The topic of the interactive session was "Towards Improving Undergraduate Studies in Pakistan" and was of special relevance and utility to NIP as the institute is all set to start its BS Program in Psychology from September, 2019.

*Reported by: Ms. Riffat Zahir*



### NIP'S PARTICIPATION IN JEH'D 2019



Government College University Faisalabad (GCUF) organized a 3-day All Pakistan Inter-Universities Competition, Jeh'd 2019 (Struggle) from April 09 to 11, 2019. The event was an assemblage of numerous competitions which gave the participants a baseline to prove their worth in their respective mode of interest and avail the opportunity of diverse social, endemic and healthy interaction. Around 2500 students from 80 universities of Pakistan participated in various competitions. Ghillman Rai, an M.Sc. student from NIP participated in the solo sufi/folk singing competition. He performed live against 10 students from various universities of the country and brought honor to NIP by securing 2nd position in the competition.

*Reported by: Ghillman Rai*

### NIP'S PARTICIPATION IN HEC'S 38TH ALL PAKISTAN INTER-VARSITY MEN'S TENNIS CHAMPIONSHIP

Four NIP students became members of Quaid-i-Azam University tennis team that represented the university after a period of 5 years. The NIP team consisted of Zulqarnain Fayyaz, Muhammad Umair, Muhammad Afnan and Hashaam Tahir and participated in HEC's 38th All Pakistan Inter-varsity Men's Tennis Championship 2019 that was held from 12th-14th April, 2019 in Islamabad. Teams from nineteen universities from all over Pakistan played matches in the singles and doubles categories.

*Reported by: Ms. Riffat Zahir*



## *Featured Alumni Dr. Aneela Maqsood*



Dr. Aneela Maqsood, Assistant Professor, is the Head of Department of Behavioral Sciences at Fatima Jinnah Women University, Rawalpindi, Pakistan. She is an NIP Alumna who joined the institute as an M.Sc. student and continued to be a part of the student body for both her M. Phil. and PhD degrees.

Dr. Maqsood is the recipient of the Foreign Post-Doctorate Fellowship award by Punjab Higher Education Commission of Pakistan and has worked in area of mental health as a research fellow at the Psychiatry Division of Wolfson Institute of Preventive Medicine, Queen Mary University of London. With a PhD in occupational health, she completed her PhD Fellowship from Nottingham Trent University, Nottingham, UK. During the fellowship, she studied quantitative analysis and psychometric validation of measurement models. Fairly recently, Dr. Maqsood won an International Research Innovation Award on account of her extraordinary contribution in research and its impact on society by South Asia Triple Helix Association in 2018.

Dr. Maqsood is an ardent advocate of action based research with adolescents and employed men and women as target groups. As a recipient of Thematic Research Grant awarded by Higher Education Commission of Pakistan, Dr. Maqsood has worked on idea of alternate health care options through inclusivity of teachers in mental health promotion. Dr. Maqsood developed an evidence based 'Teacher-Adolescent Counseling Training Model' aiming to empower teachers to deal effectively with students' counseling needs. As part of international collaborative research, Dr. Maqsood managed a three year project with Roehampton University, UK., under the British Council and HEC Pakistan for International Strategic Partnership in Research and Education. It is noteworthy to comment, she contributed to expand the scope of occupational health in the context of Pakistan, which somehow was a relatively neglected area of research. In this respect, she received research grants from HEC and

a leading telecommunication company in Pakistan.

Dr. Maqsood teaches courses on Psychological Assessment, Research Methods, Contemporary Psychology, School Psychology, Health Psychology and Organizational Behavior. As a learning coach, Dr. Maqsood delivers capacity building training workshops engaging teachers and education managers in areas of school stress, anxiety management, effective student-teacher interaction, self-awareness, conflict resolution, positive attitude development and vocational guidance. For workplace health promotion, she initiated faculty development workshops on mastering emotional intelligence.

During her academic life, Dr. Aneela Maqsood was been a part of the second batch of NIP's M.Sc. program with specialization in Human Resource Management. She received scholarships and academic performance awards during M.Sc. and M.Phil. study programs. For M.Phil. research, she successfully demonstrated linking the academic research with the need of the industry. As a graduate of Psychology, she got her very first job as a Lecturer at Management Sciences Department of Bahria University, Islamabad. As an important milestone of her career, Dr. Maqsood also had the chance to work for NIP as a Research Associate; something that she considers a special privilege. The work experience and mentoring of her worthy seniors while working at NIP stamped a deep impression on her career growth.

As part of professional services, Dr. Maqsood is the member of various professional statures i.e., member board of studies, quality enhancement cell and editorial boards of national & international journals along with being a subject expert, research examiner and member counseling panels of various universities. Notably, her published research has pointed out issues and strategies of health management and how the universal definitions of disorders and behavioral symptomatology could altogether alter considering the unique socio-cultural environment. Being a member of American Psychological Association, Dr. Maqsood is committed to the cause of promoting psychological services to community through research and outreach.

*Compiled by: Dr. Aneela Maqsood*