



Newsletter

Issue No. 3, Vol. 38 — July-September, 2019

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VICE CHANCELLOR'S VISIT TO NIP



On 16th July, 2019, Vice Chancellor Quaid-i-Azam University Islamabad, Prof. Dr. Muhammad Ali paid an informal visit to the National Institute of Psychology on a special invitation of NIP Director, Prof. Dr. Anila Kamal.

On his arrival, the respected guest was received warmly and taken to the NIP meeting room where the whole faculty was eagerly waiting for an interactive session with him. After introducing themselves, the group engaged in an informal conversation with the vice chancellor. The talk revolved around the academic and non-academic activities at NIP and relevant future plans of the institute. The main matters of interest that the faculty and the vice chancellor talked about included the BS program in Psychology that the institute was all set to launch in Fall, 2019, the counseling services being rendered by NIP's Counseling Centre and aims for its further expansion/improvement and the invitation extended to the National Institute of Psychology by QAU's Academic Staff Association to join it as members. The vice chancellor appreciated NIP's contribution and effort in consistently providing quality education to its students and assured

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NIP Activities

the group of his support for NIP in implementation of its future endeavors. The visit came to an end with NIP Director, Prof. Dr. Anila Kamal and the faculty thanking the vice chancellor for taking time out for

visiting the institute and clicking of a group photo with the esteemed guest.

Reported by: Ms. Riffat Zahir

ORIENTATION FOR NEW STUDENTS



The Fall Semester, 2019 kicked off at the National Institute of Psychology on 2nd September, 2019 as per schedule. Besides admitting students in the M.Sc., M.Phil. and PhD program as per tradition, NIP admitted its first ever batch of BS students in the current semester. NIP faculty and staff had been eagerly looking forward to the starting of the semester because of the start of NIP's BS Program in Psychology.

To facilitate the adjustment of the newly inducted students in the institute, NIP Student Council set up an information desk for them during the first week of classes. The council members provided answers



to the questions posed by the incoming students and their families and gave them information about important academic and non-academic issues such as the timetable and classrooms, hostel accommodation and transport. The new students were referred to the concerned members of NIP faculty and staff as and when required for further guidance and support.

A formal orientation session for new students from all the classes was also held on 26th September, 2019 under the leadership of NIP Director, Prof. Dr. Anila Kamal. During the session, NIP Director, faculty and some members of staff welcomed the



new students, introduced themselves and shared their main responsibilities with them. Thorough information was provided to the new students by the pertinent members of the faculty/staff about important matters including NIP academic rules and regulations, expectations from the NIP students, and desired code of conduct/behavior, NIP Computer Lab., NIP Library, NIP Counseling Centre, NIP Test Resource Centre, NIP Newsletter and Research Journal, NIP Student Council, and opportunities for co-curricular/extra-curricular activities. In the end, questions asked by the students were answered by the concerned members of the faculty/staff.

Reported by: Ms. Riffat Zahir

PHD PUBLIC DEFENSES

Two NIP scholars/members of the faculty, Syed Muhammad Imran Bokhari and Ms. Aisha Zubair, defended their PhD theses in the month of September. Both theses had been supervised by NIP Director, Prof. Dr. Anila Kamal and were

attended by a significant number of attendees including both NIP faculty and students. The first public defense took place on September 16, 2019 in which Syed Muhammad Imran Bokhari defended his thesis titled 'Impact of Organizational Support,



Leadership and Personality on Work Outcomes: Moderating Role of Perceived Organizational Politics'. The external examiners of this PhD work included Prof. Dr. Muhammad Jahanzeb Khan and Prof. Dr. Muhammad Tahir Khalily. On 24th September, 2019, Ms. Aisha Zubair defended



her PhD work titled 'Work Related Outcomes of Perceived Authentic Leadership in the Context of Organizational Structures'. Her PhD work was evaluated by Brigadier(R) Dr. Tanvir Akhtar and Brigadier Dr. Shoaib Kiani.

Reported by: Ms. Riffat Zahir

STUDENTS AND FACULTY FROM UNIVERSITY OF CENTRAL PUNJAB, LAHORE VISIT NIP

A group of students and faculty from the Department of Psychology, University of Central Punjab (UCP), Lahore visited NIP on 26th July, 2019. The academic trip had been planned to get information about academic programs offered by NIP, and to have a look at NIP students' theses. The group also desired to get information about the scales/tests available at NIP's Test Resource Centre (TRC).

Upon their arrival at NIP, the group was received by Ms. Riffat Zahir (teaching coordinator) and Ms. Arooj Mujeeb (incharge TRC). Ms. Riffat Zahir briefed the group about the academic programs currently offered at NIP while Ms. Arooj Mujeeb shared information about NIP's Test Resource Centre (TRC) and the procedure that needs to be followed to get access to its available resources. Soon after, the group was taken to NIP library where Mr. Abdul Qayyum (chief librarian) provided them with the opportunity to go through the research theses of NIP students. Before leaving, the UCP faculty met NIP



Director, Prof. Dr. Anila Kamal in her office and thanked her for letting them visit NIP and provide them with the information that had been requested from their side. On this occasion, members of UCP faculty presented shields to Prof. Dr. Anila Kamal and the trip facilitators from NIP as a token of their gratitude to the hosts.

Reported by: Ms. Riffat Zahir

UPCOMING EVENT AT NIP: ANNUAL DINNER, 2019

The National Institute of Psychology and NIP Alumni Association will host the institute's annual dinner on the evening of **22nd November, 2019**. This year's event will be a dedication to the memories and legacy of Prof. Dr. Muhammad Ajmal (late) to honor him in the year of his 100th birth anniversary. We look forward to having all NIP alumni on this special occasion!

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MEETING OF THE 5TH EXECUTIVE BOARD OF NIP ALUMNI ASSOCIATION



The fourth meeting of the 5th Executive Board of NIP Alumni Association was held on 27th September, 2019. The meeting was attended by NIP Director, Prof. Dr. Anila Kamal, and members of the 5th Executive Board of NIP Alumni Association including Brigadier (Retd.) Dr. Tanvir Akhtar (President), Dr. Iffat Rohail (Vice-President), Ms. Raiha Aftab (General Secretary), and Dr. Humaira Jami (Executive Member). Two prominent NIP alumni, Dr. Najma Iqbal Malik and Dr. Aneela Maqsood, were also present on this occasion. The

agenda for the meeting was the planning for NIP's upcoming annual dinner 2019 that will be hosted by the institute and the alumni association on 22nd November this year. Several important matters in this regard were discussed including the registration process of NIP alumni, funds generation for the association and its financial status. It was decided that the annual dinner 2019 will be dedicated to the late Prof. Dr. Muhammad Ajmal.

Reported by: Ms. Raiha Aftab

SOLIDARITY WALK FOR THE PEOPLE OF OCCUPIED KASHMIR



On 7th August 2019, the faculty and staff members of the National Institute of Psychology participated in a walk organized by the Directorate of Student Affairs, Quaid-i-Azam University, Islamabad to express solidarity with the people of occupied Kashmir and protest abrogation of Article 370 of the Indian Constitution.

A large number of QAU students, teachers and staff participated in the walk that started from Baab-ul-Quaid at 10 am and ended at the Transport Unit of QAU, carrying banners inscribed with slogans

against Indian cruelties and human rights violations. The walk was led by Vice Chancellor Quaid-i-Azam University Islamabad, Prof. Dr. Muhammad Ali who while addressing the participants said that Pakistanis stand by the cause of the people of Kashmir and condemn the unprecedented cruelties of Indian forces. Speaking on the occasion, the Kashmiri students of QAU urged the international community to take serious notice of Kashmiri genocide in the Indian Occupied Kashmir.

Reported by: Ms. Riffat Zahir

NIP'S PARTICIPATION IN QAU'S INDEPENDENCE DAY CELEBRATIONS 2019



NIP Student Council members including Wasiq Ghayoor Abbasi (President) and Arfa Mubeen (Information Secretary) along with NIP MPhil student, Rabea Hassan enthusiastically participated as members of the DSA team that organized the series of events for the day. They performed a variety of duties including decoration, management and photography. NIP's M.Phil student, Nayab Noor demonstrated her acting skills by participating in a thematic play 'Qeemat' staged by the Quaidian Dramatics Club that enacted the trauma of loss during the partition of Punjab in 1947. Many other NIP students showed their interest in the event by attending its various activities as audience.

The faculty, staff and students of the National Institute of Psychology participated in a series of events organized by the Directorate of Student Affairs (DSA), QAU on 22nd August, 2019 to celebrate Independence Day of Pakistan and observe Kashmir Solidarity Day. The first activity of the day



Participation, motivation and devotion from NIP students was appreciated by DSA on the day of the event and later on 27th August, 2019 when Vice Chancellor Quaid-i-Azam University Islamabad, Prof. Dr. Muhammad Ali and QAU's Student Affair in-charge invited DSA team members/



was the flag hoisting ceremony in front of DRSM library which was attended by several members of the NIP faculty, staff and students. Later, team NIP witnessed a series of activities of the event that were held in QAU's Earth Sciences Auditorium.



organizers to Monal Restaurant, Islamabad for a dinner to acknowledge them for organizing a very successful event. On this occasion, the respected vice chancellor interacted with the students and highlighted participation from NIP .



Reported by: Rabia Hassan and Arfa Mubeen

TEACHERS' TRAINING WORKSHOP AT ARMY PUBLIC SCHOOL FORT ROAD, RAWALPINDI

On 8th August, 2019, Dr. Sobia Masood, Assistant Professor from the National Institute of Psychology conducted a teachers' training workshop at the Army Public School Fort Road, Rawalpindi. The school is a part of an extensive chain of institutions run by the Army Public Schools and Colleges System. The workshop's title was 'Teen Psychology and Learning: Teachers' Concerns and Challenges' and was attended by around 400 teachers from multiple APS branches.

After discussing the physical, cognitive, social and emotional development of adolescents, Dr. Masood focused on the relevant psychological correlates and mental health issues faced by today's teens. Later, she shared strategies for dealing with lack of motivation, diversity in classrooms, and behavioral issues with the workshop participants. The conclusions reached at the workshop are to be passed on to educational



institutes and regulatory authorities for review and assessment on how they can be implemented in the current educational framework and be of maximum utility to students.

Reported by: Dr. Sobia Masood

NIP FACULTY ATTEND INTERNATIONAL LITERACY DAY EVENT HOSTED BY DEVELOPMENT ALTERNATIVES, INC. (DAI), ISLAMABAD

Dr. Nelofer Kiran Rauf and Ms. Raiha Aftab from the NIP faculty attended an event hosted by the Development Alternatives, Inc. (DAI) at Marriott Hotel, Islamabad on 12th September, 2019 to celebrate International Literacy Day. The event is celebrated worldwide to underscore the universal right to education for all, as mandated by the United Nations on 26th October 1966.

DAI is a global development company with a goal to help countries around the world achieve their development goals and has the record of delivering results in 160 countries. It is a source of technical and managerial assistance for any organization involved in social and economic development work. The Islamabad event convened education practitioners, policy makers, teachers, students, and academia to discuss improving learning approaches in Pakistan, with a focus on finding locally led solutions for the



most marginalized students by generating political will, inclusionary approaches, and high-quality teacher facilitation and support.

Reported by: Ms. Raiha Aftab

A MEMORABLE TRIP TO NARAN

On the morning of 28th August, 2019, a travel group consisting of NIP students along with some members of the faculty and staff left for a 3-day stay trip to Naran. The trip had been organized by NIP Student Club under the supervision of NIP Student Affairs Incharge, Dr. Rubina Hanif and NIP Director, Prof. Dr. Anila Kamal in collaboration with Nature

Explorer Tours.

The journey started at 8 am from NIP in three coasters. Students' enthusiasm and excitement for the trip was worth seeing. Listening to music and enjoying friends' company, the group made its first stop for breakfast on its way to Shogran. Fascinating



scenery and pleasant weather compelled students to save their trip memories in form of photographs. After reaching Shogran, jeeps were hired to take the trippers to a well-known high-altitude plateau Siri Paye through a steep and narrow rocky road. The journey took 40-50 minutes in jeeps and on reaching the destination, students started exploring the beautiful surroundings, taking pictures and having tea with famous pakoras of the spot. It wasn't until dusk that the exhausted students started stepping towards their jeeps and headed towards the hotel where night stay of the group had been arranged. Some trippers took rest before dinner while others enjoyed the musical performance by some of the fellow students which continued even after dinner along with traditional luddi and even more fun. Local market was also visited by some students and it was around around 2 am in the morning that the students started to think about moving into their rooms as early time for the next day's breakfast and timely departure from the hotel had already been announced while dinner was being served.

Next day after breakfast, the caravan of trippers started its journey towards Naran. After settling in their hotel rooms in Naran around midday, the trippers got into jeeps again and headed towards the world famous Lake Saif-ul-Malook. The place was quite crowded but had a lot of activities for the visitors. Some students, led by Dr. Naeem Aslam, hiked towards an army camp while others enjoyed boating and horse riding on the spot. After spending few hours on the location and taking mandatory

pictures on bridges, boats, horses and rocks, the trippers began to gather at jeep points. Back at the hotel, many students went to roam around in the nearby market and on the bank of River Kunhar as dinner was to be served after an hour. After dinner, students spent some time playing hide and seek, luddo, cards and water gun games.

After breakfast the next morning, the group left for Babusar Top, the highest point in the Babusar Valley. While travelling to Babusar Top, a brief stay was made at the Lulusar Lake because of the picturesque views that it offered. The amazing location almost made students forget about that they had limited time to spend at the spot. The weather started to change dramatically as the destination drew near. After taking lunch at Babusar Top, the students began exploring the cold and high altitude surroundings. Chilly breeze made most trippers pack themselves in warm jackets and gloves. The view from top was exquisite; the aesthetic scenery mesmerizing! At dusk students were called back to their coasters to start the return journey to the hotel in Naran.

The next morning after breakfast, the return journey to Islamabad started. On the way, a brief stay at Payala Lake was made before stopping at River Kunhar for river rafting. Exhausted from rafting, everyone enjoyed the scrumptious lunch served at Balakot along the bank of River Kunhar. After lunch, the journey continued towards Islamabad and the destination was reached round 9 pm.

Reported by: Arfa Mubeen

Featured Alumni
Dr. Saima Ambreen



Dr. Saima Ambreen, an alumna from the National Institute of Psychology (NIP), Islamabad is currently placed at the University of Balochistan (UOB), Quetta as a senior faculty member of Department of Psychology. Earlier,

she served as the in-charge of the same department from 2015 to 2019. Her primary area of interest is psychological measurements especially test adaptation and development, and item response theory. Other areas of her interest include research methodology, clinical psychology, criminal psychology, health psychology and cross-cultural psychology. She has specially spearheaded the field of test development and adaptation.

Dr. Ambreen earned her PhD in psychological measurements from the National Institute of Psychology (NIP), Quaid-i-Azam University, Islamabad in 2015. Previously, she obtained her M.Phil. from the same institution in 2009. The time spent at NIP is regarded by her as the best part of her student life as she found the best teachers and her true mentor in the institute.

During her academic career, Dr. Ambreen was able to win various honors including the President's Gold Medal as well as the Chancellor's Gold Medal for her outstanding performance in M.Phil at Quaid-i-Azam University. During her PhD, she won the International Research Support Initiative Program (IRSIP) fellowship from HEC, Pakistan which was completed at Erasmus University Rotterdam, the Netherlands. Her PhD itself was funded under HEC's Indigenous M.Phil leading to PhD fellowship program. Earlier, she also won the Roll of Honor for her Master's degree at F-7/2 College, Islamabad. She also got the opportunity to work as honorary lecturer at this alma mater as a starting point of her professional career. In her professional career as a teacher and researcher, Dr. Ambreen was able to win a "Certificate of Excellence in Teaching" from the Government of Balochistan in 2014 and "The Best Teacher Award" from ASA, University of Balochistan, Quetta in 2016. Besides teaching at the University of Balochistan, Quetta, Dr. Ambreen

has been a guest/ visiting lecturer at such renowned institutions as the International Islamic University, Islamabad, Foundation University, Rawalpindi and Arid Agriculture University, Rawalpindi. She has also served as an internal and external examiner for several institutes of good repute. She has supervised several Masters and M.Phil dissertations and currently, two PhD and five M.Phil research scholars are working under her supervision. She is also on the review panel of various national research journals. Considering other professional and administrative assignments, she is also serving as M.Phil and PhD program coordinator at her work place. She is a member of the Board of Studies, Board of Faculty, and Selection Board at the University of Balochistan, Quetta and some other public and private universities.

Dr. Ambreen has provided professional services to several government organizations like the National Accountability Bureau (NAB) and Federal Public Service Commission (FPSC). The NGO sector has also not been out of her reach. She is currently working as a resource person for the Institute for Development Studies and Practices - IDSP, Balochistan. Earlier she also provided consultancy to AKIDA Consultants on developing research tools and writing reports for their various social sector projects on child labor and women empowerment. She has provided counseling and report writing services with Saiban for three years.

Internationally, Dr. Ambreen has had research experience with the Department of Industrial / Organizational Psychology and Clinical Psychology at the Erasmus University Rotterdam, the Netherlands. Being associated with the field of testing and measurement, she has participated and presented research papers in several international conferences conducted by the International Test Commission (ITC) and European Association of Psychological Assessment (EAPA) held at Hong Kong, the Netherlands, and Spain. She has also read papers at various national and international conferences and has published several research papers in reputed journals. She has served as a resource person in various training and participated in various national and international workshops for enhancement of her knowledge and skills.

Compiled by: Dr. Saima Ambreen