National Institute of Psychology hosted its 5th International Conference on 13th November 2014. Theme of the conference was Educational Psychology. Empirical papers were invited addressing Bullying and Victimization, School Intervention Programs, Assessment and Evaluation, Technology Education, Cognitive, Social, and Intellectual Development, Language Development, Guidance and Counseling in Education, Teaching and Institutional Effectiveness, Adjustment and Well-being, Education for Children with Special Needs, Leadership and Team-building, and Education and Community. The conference was intended to provide forum to the educators, psychologists and researchers to work out the requisites necessary to pursue wide range of academic and educational issues based on the combinations of their interests and experiences.

A large number of scientific papers were received both from national and international scholars. Following the international criteria, a double blind peer review was conducted by the scientific committee consisting eight international and sixteen national experts as members. A total of 80 papers were selected for oral presentation distributed in 11 parallel sessions and an invited symposium on “Recent Advances in School Psychology in Pakistan”. Additionally, 114 empirical research papers were also selected for Poster Presentations. More than 650 delegates representing nationwide major higher education institutions participated in the conference. Inaugural session of the conference proceeded with the recitation of Holy Quran by Mr. Nabeel Ahmad. In her welcome note Prof. Dr. Anila Kamal Director, National Institute of Psychology pointed out that National...
Institute of Psychology as Centre of Excellence has always strived for the ultimate goal of providing valued culture based on the application oriented approach and scientist-practitioner model both in research and teaching.

She also added that in the context of growing needs of our community, the theme of the present conference is focusing on educational developments and restricting with special emphasis to augment understanding the issues and challenges to higher education, and training for applications of knowledge in the institutional settings. She highlighted that education is a purposive attempt to bring about desirable changes in the students behavior. The objectives of education are realized in terms of behavioral changes among the students. Teachers have to create the learning conditions to provide knowledge and experiences to the students for the changes of behavior. They have to relate teaching to learning by appropriate method of teaching. She hoped that deliberations of the conference would assist in accomplishing its vital aspirations.

Prof. Dr. Eatzaz Ahmad, Vice Chancellor Quaid-i-Azam University also addresses the participants. He proposed that a teacher acts as a philosopher and a guide to the students. He must know the growth and development of the child and his requirements at different levels. Educational psychology helps the teacher to study the ability, interests, intelligence, needs and adopt different techniques of teaching for effective communication. He further stressed that educational psychology has become an integral part in assisting the educational system to focus on best training and development of the key element for development of a community. He also shared that being a focal and significant university of Pakistan, Quaid-i-Azam University has fulfilled its foremost obligation in implementing those educational values and practices which are in direct alliance with the national needs and requirements.

The chief guest of the inaugural session was Prof. Dr. Mansoor Akbar Kundi, Executive Director, Higher Education Commission. While addressing the participants, it was highlighted by him that one of the ways, educational psychology maintained its strength and vitality, was by addressing problems that had broad national implications for teachers, schools, and education in general. At this point there are several topics involving schools and teaching that we’d like you to think about. These topics include constructivism, student diversity, and out-of-school influences on students’ learning. He also suggested that national and international social scientists and professionals should propose ways to unravel the educational challenges, concerns and predicaments and recommend potential and promising solutions in maximizing the institutional potential in the administrative and organizational setups.

Inaugural ceremony was followed by the keynote session. Speaker of the Keynote address, Prof. Dr. Zahid Mehmood, addressed the discrepancies in theory and practice of educational system. In his keynote address entitled “Educational Psychology in Pakistan: Some Challenges for Future” he pointed out primary task of school psychologist is to counsel students about matters that impact on their academic progress. While this is a varied and psychologically diverse task, it would appear not overly complicated and is aimed at achieving the best possible educational outcomes for the student using focused generalist behavioral principles.

A total of twelve scientific sessions were conducted, before and after lunch each commencing six parallel sessions. The scientific session included imperative topic consisting Assessment and Evaluation chaired by Prof. Dr. Jahanzeb Khan, Cognitive, Social, and Intellectual Development chaired by Prof. Dr. Muhammad Pervez, Students and School Environment chaired by Prof. Dr. Ruhi Khalid, Adjustment and Well-being-I chaired by Prof. Dr. Mah Nazir Riaz,
Bullying and Victimization chaired by Dr. Nasreen Raffique, and Cognitive, Social, and Intellectual Development-II chaired by Prof. Dr. Farah Malik. The scientific session after lunch addressed other relevant features including Adjustment and Well-being-II chaired by Prof. Dr. Najma Najam, Teaching and Institutional Effectiveness chaired by Prof. Dr. Ifthikhar-un-Nisa Hassan, Education for Children with Special Needs chaired by Prof. Dr. Seema Pervez, Education and Community Chair by Dr. Sajjad Hussain, Leadership and Team Building chaired by Dr. Muhammad Tahir Khalili, and a Symposium on Recent Advances in School Psychology in Pakistan by Prof. Dr. Zahid Mehmood. The sessions chairs appreciated the quality of research work carried by the scholars and stressed the practical implications of the findings supported by empirical evidences for reformation of educational policies.

In parallel to scientific sessions, Posters further add to the essence of graphical presentation of research findings offering visual delight to the audiences. The posters were displayed in the hallway of the main auditorium which were immensely appreciated and accredited by the participants. All scientific papers displayed as poster were included in poster competition award. Five independent judges including Dr. Salma Hassan (GCU, Lahore), Dr. Seema Gul (IIU, Islamabad), Dr. Najma Iqbal (Sargodha University), Dr. Sarwat Sultan (BZU, Multan), and Dr. Farhana Kazmi (Hazara University, Mansehra) rated all posters for quality of the scientific work presented. First prize of poster competition was awarded to the poster titled “Involvement and Social Interaction on Facebook: Exploring Interaction Patterns of Personality and Adult Attachment Styles by Miss Sobia Bashir. Second Prize was awarded to poster titled “Teachers Orientation Predicting Students’ Perceived Competence and Academic Performance” by Miss Frasat Kanwal and third prize was awarded to poster titled “Math Achievement as a Function of Math Anxiety and Perceived Teachers’ Social Support among Elementary Students” by Miss Rizwana Amin.

To harvest vibrant and enriched experts’ opinion, a Panel Discussion was organized after second scientific session. Experts of related disciplines shared their connoisseur opinion regarding the challenges of higher education and need to epitomize our academic output with the applicable requisites. The panelists included Prof. Dr. Jahanzeb Khan (Vice Chancellor, Swat University), Prof. Dr. Ifthikhar-un-Nisa Hasan (Ex Director, National Institute of Psychology), Dr. Rahat Hussain Bokhari (Director, Quality Enhancement Cell, Quaid-i-Azam University), Mr. Mazhar Awan (Director Fulbright Alumni Affairs, USEFP), Prof. Dr. Muhammad Pervez (Ex Director, National Institute of Psychology), Prof. Dr. Humala Khalid (Ex Dean, Lahore College for Women University), Dr. Brig. Tanvir Akhtar (Chief Psychologist, Pakistan Armed Forces) and Prof. Dr. Naseem Sahibazada (HOD, Psychology, Women’s Institute of Science and Humanities). The panelists highlighted challenges and to the higher education and purposed recommendations. Panelists suggested changes in universities as autonomous institutions and at the level of internal organization. These changes should aim to improve the management of resources (human, economic, etc.) and be restructured to improve internal democracy. Universities must continue their mission to educate, train and carry out research through an approach characterized by ethics, autonomy, responsibility and anticipation. Panelists also suggested Changes in knowledge creation. Interdisciplinary and transdisciplinary approaches should be taken and non-scientific forms of knowledge should be explored. Panelists further pointed need of changes in the educational model. New teaching/learning approaches that enable the development of critical and creative thinking.
thinking should be integrated. The competencies common to all higher-education graduates should be determined and the corresponding expectations should be defined. Panelists concluded that in a knowledge society, higher education should transform us from disoriented projectiles into guided missiles: rockets capable of changing direction in flight, adapting to variable circumstances, and constantly course-correcting. The idea is to teach people to learn quickly as they go along, with the capacity to change their mind and even renounce previous decisions if necessary, without over-thinking or having regrets. Teaching and learning must be more active, connected to real life, and designed with students and their unique qualities in mind.

The concluding session commenced with the Vote of Thanks by Prof. Dr. Anila Kamal (Director, National Institute of Psychology). In her address she thanked National Center for Physics for their cooperation, QAU administration, and especially Higher Education Commission for their support in organizing the event. She also appreciated efforts of faculty and organizer Dr. Jamil A. Malik for their devotion in organizing successful international conference. She further announced continuation of the tradition by organizing next International Conference in 2016. Chief Guest of the concluding ceremony Prof. Dr. Eatraz Ahmad, Vice Chancellor Quaid-i-Azam University, distributed shields and certificates to the organizers and the participants. In his concluding address, worthy chief guest appreciated contribution of National Institute of Psychology in promotion of research culture in Pakistan. He further encouraged and showed full support of Quaid-i-Azam University in future endeavors of National Institute of Psychology.

Reported by: Jamil A. Malik
Keeping the tradition of capacity building alive National Institute of Psychology arranged a series of pre-conference workshops.

The first workshop on Research Report Writing: APA Manual-VI Format was conducted by Ms. Aisha Zubair (NIP) and Ms. Irum Naqvi (NIP) on October 17th, 2014. The workshop began with basic introduction covering the aspects of Report writing including citations, references, results, and formatting as per APA Manual-VI. Further important points needed to be considered as per APA VI for the enhancement of dissertation or thesis writing were discussed. Important considerations for the preparation of manuscripts were also briefly summarized. A large number of research students participated in the workshop.

The second workshop on Managing anxiety and fears among school children was conducted by Dr. Tamkeen Ashraf Malik (NUST). The workshop was activity-based and fun-learning, keeping in view the basic objective of effective communication with the child about the issues that are internalizing in nature and its effective management. The workshop addressed the basic issues of Understanding Anxiety and Fears, Talking to a child about anxiety and fears, Managing Anxiety and fears- cognitive restructuring, Recognizing thoughts, feelings and actions, How to train the child for muscle relaxation, calm Breathing, Helping child to face anxiety and fears. Students, researchers, and practitioners participated in the workshop. They appreciated the efforts of National Institute of Psychology for addressing the important day to day issues.

Workshop on Interpretative Phenomenological Analysis (IPA) was conducted by Dr. Shahida Batool (GCU) on 11th November, 2014. It was highlighted that this approach is concerned with the interpretation of the subjective meaning people assign to their experiences. Analysis is based on an idiographic case-study approach. Topics covering the areas of aims and applications of IPA, process of analysis, open coding, and reporting the results were addressed in the workshop. Students and researchers from diverse areas participated in the workshop.

Prof. Dr. Anila Kamal appreciated the efforts of Resource persons for conducting successful workshops. Further the organizers Dr. Rubina Hanif, Ms. Saira Khan, Mr. Mohsin Sajjad and Mr. Tahir Elahi were also appreciated for arranging these workshops.

**Reported by: Saira Khan**
Fourth General Body Meeting and Annual Gala Dinner (2014) of NIP Alumni Association

Since its inception, the NIP Alumni Association has made great contribution in its mission to enable alumni-to-alumni connections and foster a meaningful, lasting relationship between alumni and the institute/university. The AA-NIP provided a forum to maintain contacts among alumni present far from country with each other and the institute. Fourth general body meeting and annual gala dinner was held on November 25th, 2014. The organizing team of the event included Ms. Shaista Waqar (Executive Board Coordinator, AA-NIP) as event coordinator, for the registration of the event following members were deputed i.e., Irum Naqvi (General Secretary, AA-NIP), and Mr. Mohsin Sajjad (for Finance/Administrative Support).

On the event day registration desk was looked after by Mr. Imran Bukhari (Executive Board Member, AA-NIP), with the support of M. Phil/M.Sc Students. A large number of alumni, current students, and faculty NIP were approached to participate in the event. Finally the event was arranged on Thursday evening, November 25th, 2014 at Earth Sciences Auditorium, Quaid-i-Azam University, Islamabad.

After recitation of Holy Qura, Prof. Dr. Seema was invited for welcome note. On behalf of the executive board, Alumni Association of NIP, Dr. Seema Pervez (President, AA-NIP) welcomed the guests and apologized for the previous postponement; especially to those who could not afford a second visit to Islamabad with in a short span of time and expressed her pleasure and honor as first president of the Alumni association. She considered the constitution finalization and its approval from general body as major contribution. She also appreciated the alumni to hold many discussions on current socio-psychological topic. She emphasized the need to grow the alumni body by contacting specially alumni who are abroad. She highlighted the need to raise funds for financially disadvantaged students at NIP.

She...
shared the dream for making alumni, able to help this segment of students at NIP to achieve their academic goals. She gave this target to the next board to aspire.

Ms. Irum Naqvi (General Secretary) presented the brief report of working of executive board since last three years. The highlighted points are as follows:

2011-2012

Alumni Association NIP started its work formally three years back in 2011. During the first year executive board had six meetings and following Preparation of the Constitution of the Association, designing of the letter head and membership forms and Finalization of official logo design remained major focus in those meetings.

Official logo design was finalized after a logo competition held in 2012. The Association welcomed Year 2012, by arranging a high tea with the objective of sharing personal resolution for the New Year as a psychologist. A picnic party was also arranged to keep alive childhood pleasures and joys. The year ended by arranging the second general body meeting and annual gala dinner in the month of December included second election process and the second executive board was elected and started office for next two years.

2012-2013

During the year 2012-2013 executive board had four executive meetings and major focus points were to contact the maximum alumni all over Pakistan and improve alumni registration number, to establish contacts with alumni in different organizations and work for the needy students’ scholarships and job placement of young graduates.

Executive board invited the alumni to come and participate in the discussion on Psychosocial Impact of Cult Behavior and Its Impact on Behavior with reference to the scenario of Long March January 14th, 2013. Recommendations were made and documented after the discussion. In the end of the year 2013 third general body meeting and annual gala dinner was held in the month of December.

2013-2014

The sociopolitical condition of Islamabad and different political moves does not allow much to have many more activities except the necessary official requirement. Overall we had 4 meetings during last one year. A very sad news of acid attack on one of our alumni shocked us in the month of February, so Alumni association in the month of March 2014 passed a resolution to condemn such violence based brutal act. We sent a letter from executive board for her moral support and to ensure our encourging support to strengthen her.

Similarly in the month of September general body meeting call was sent to discuss the sociopolitical condition at Islamabad. Finally on 10th October the discussion was arranged at IPSOS, F-10/1, Islamabad and hosted by one of our executive board member Mr. Yasir Afaq. Recommendations were made and documented after the discussion. The program was based on multiple activities i.e., Performances and Skits by NIP students, Poetry and sharing of NIP related
memories by alumni,

Executive Board Election (2012-2014)

At the occasion, elections of the next executive Board (2014-2016) were conducted. The election process was completed with the help of Ms. Shaista Waqar, Ms. Irum Naqvi, and Mr. Muhammad Usman (NIP). On the basis of proposed structure of the association, the nominations were received from alumni for the executive board. Audience were invited to share their concerns over nominations (if any) for the electoral purpose over the positions of President, Vice-President, and Executive Board Members. Fresh nominations were also invited. With the consensus of the audience through votes, following electoral positions were finalized. The finalized executive board members for the next two years (2012-2014) are as follows:

Patron in Chief: Prof. Dr. Anila Kamal
President: Ms. Fatima Zahra
Vice-President: Dr. Syed Sajjad Hussain
Coordinator: Ms. Aisha Zubair
Secretary: Dr. Humaira Jami
Members: Ms. Rabia Ghous, Dr. Sobia Masood, Ms. Saira Khan, Mr. Shahid Ullah, Ms. Nazia Parveen, Ms. Arooj Mujeeb

Financial / Administrative Support Advisor: Mr. Mohsin Sajjad

After that Patron in chief of Alumni Association, Prof. Dr. Anila Kamal, initiated her address and thanked the executive board for arranging the event and its continuity since its inception. She appreciated the last two executive board members for their work for an independent identity of NIP alumni. Moreover, she shared her expectations from future executive board members with respect to their efforts for the progress of alumni and provided assurance of complete support from NIP. In the end Prof. Dr. Anila Kamal thanked and showed gratitude to the executive board for 2012-2014, for their hard work during the last two years. Patron in chief awarded the executive board members with shields. She shared her joy on seeing alumni as significant part of NIP and their warmhearted involvement in the event.

After this highly enjoyable program a lavish dinner was served at the roof top of the earth-sciences auditorium the dinner was attended by approximately 200 guests including Alumni, Faculty, Current students, and their families.

Reported by: Irum Naqvi
PH.D. PUBLIC DEFENCE
OF MS. SADAF BINTE MUNEER

A PhD public defense of Ms. Sadaf Muneer was held on Monday, 20th October, 2014 at NIP seminar hall. The title of her research was “Psychosocial Determinants of Marital Quality among Married Couples”. The research was supervised by Dr. Rubina Hanif, Assistant Professor at NIP. The external examiners were Prof. Dr. Seema Pervez and Dr. Syed Sajjad Hussain, Psychologist at Pakistan Army, Hamza Camp, Rawalpindi. The defense was attended by large number of audience including students, faculty, and guests.

Reported by: Irum Naqui

POEM
THE DARK ONE

As the death of someone’s loved one has approached
To take away their senile breath,
Everything around me turns a shade of gray
To reflect the gloom that has spouted inside me.
I don’t understand why I begin to descend into sadness,
For I barely knew you.
The few words that were exchanged over the last twenty years
Have begun to ring in my ears;
I don’t know why, I don’t know still.
I comprehend and I uncomprehend,
And I cannot unfold.

Something has clutched my insides in its grips.
Its grasp is making me feel that I would lose my breath still.
I will lose my breath still.
But before the time comes,
I would penetrate this darkness flourishing in me.
This darkness the sun has begun to throw its heat upon
The darkness I love,
The darkness that holds me still,
The darkness that makes me who I am;
That lets me discover myself as I put down these words.

I shudder at the thought.

Written by: Sadaf Rehman, MSc 1
**NIP Out-Reach Activities**

**NIP FACULTY PARTICIPATED IN WORLD AUTISM CONGRESS IN KUWAIT**

Over 500 people from 32 countries gathered for common cause and struggle at the World Autism Congress on November 11-13 in Kuwait City. The mission of the World Autism Organization is “Improving the quality of life for people with an Autism Spectrum condition and their families around the world”. I was honored to be invited as one of the presenter at the conference. The conference was hosted by the Kuwait Autism Center founded by Dr. Samira Al Saad. My Presentation was about “Status of Autism Spectrum Disorder in special education setups of Pakistan”. It was wonder platform on which professionals and parents from the Middle East, Asia, Africa, Europe, North and South America mingled as they browsed the exhibits. Presentation in the conference covered wide range of topics from early interventions to diagnosis, behavioral interventions, and autism in adulthood and progress from developing countries. The theme of family life is same all around the globe with little cultural twist of spice.

*Reported by: Nelofer Kiran Rauf*

![Photo of people at the conference](image)

**ONE DAY SEMINAR ON COMMUNITY AWARENESS ABOUT DISABILITY**

Dr. Raziuddin Siddiqi Memorial Library, Quaid-i-Azam University and National Institute of Special Education, Islamabad has jointly, organized one day seminar on ‘Community Awareness about Disability’. The theme of the seminar was the nature and causes of disability and the role of community in empowering people with different sorts of disabilities.

Prof. Dr. Anila Kamal, Director NIP, was the chief guest of this occasion. In her address, she highlighted the need and significance of this seminar. Besides, she talked about the preventive measures that can be taken to reduce the disability in Pakistan and the role of civil society in empowering the individuals with disabilities.

*Reported by: Editor Newsletter*

![Photo of seminar participants](image)

**NIP FACULTY AND STUDENTS ATTENDED SEMINAR ON COUNSELING ETHICS**

Meeting Matters Centre of Psychological Services, Islamabad has organized “An Introductory Seminar on Counseling Ethics” on Saturday, 20th December, 2014 at their Center. Dr. Susan Galler, Consultant Behavior Psychotherapist from USA and Muhammad Naushad Anjum, Certified Counseling Psychologist and member of American Society of Counseling Psychology, USA delivered the lecture. They introduced an intensive two months internship program for psychology students along with the essential counseling skills. The seminar was exclusively for academic purposes. Students, Doctors and Faculty from National Institute of Psychology, Bahria University, IIUI, Foundation University and BBH attended the seminar.