



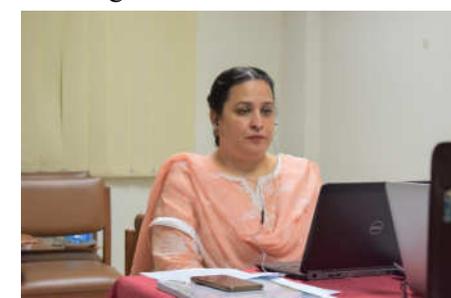
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8th International Conference (Virtual)



As per traditions of National Institute of Psychology, a 2-day International Virtual Conference titled *"Mental Health and Productivity: The Challenges for Youth"* kicked off on Thursday, 21st Oct. 2021. The conference was organized to provide opportunities for social scientists, academicians, civil society organizations, and students from all over the world to share their empirical and theoretical work highlighting issues and challenges that the youth is facing and need immediate attention. Director NIP, Prof. Dr. Rubina Hanif was the chief organizer and Dr. Nelofer Kiran Rauf was the organizer of the conference. The conference comprised of various key note lectures and scientist sessions. On day 1 of the conference, three keynote lectures were conducted; whereas the number of scientific session remained six. On day two of the conference, two keynote sessions were conducted while number of scientific session was four. These ten scientific sessions were conducted parallel and were denoted as session A and B. The conference was conducted via Google Teams and attendees could join any session when they wanted.



Conference was started with an inaugural session which was comprised of recitation of Holy Quran, followed by opening remarks of Dr. Nelofer Kiran Rauf and welcome address of Prof. Dr. Rubina Hanif. In her welcome note, she shared that conference's focus is on contemporary issues and trends in youth. And that this platform will stimulate innovative

ideas for these challenges. The inaugural session was joined by Dr. Muhammad Idrees, Dean Faculty of Social Sciences, Quaid-i-Azam University, Islamabad and Dr. Muhammad Ali, Vice Chancellor, Quaid-i-Azam University, Islamabad who highlighted that the conference theme was pertinent, considering the problems that the general population of a developing country like Pakistan is facing.

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Keynote Lectures



First keynote lecture of the conference titled “**How You Can Enhance Your Individual & Collective Resilience for a More Sustainable and Just Way of Life**” was delivered by **Dr. Glenn Williams** (Principal Lecturer, Nottingham Trent University, England). Dr. Glenn elaborated on the important role of social support and role modeling and highlighted the relevance of culture to build resilience further stating that one cannot divorce resilience from culture.

Second keynote lecture titled **Dealing with Child Problem Behavior: The Why, What and How of Early Interventions** by **Dr. Hans Koot** (Professor, Vrije Universiteit, Amsterdam, Netherlands) highlighted the detrimental effects of early experiences coupled with stressful environments and emphasized the need of prevention of problems, instead of treatment, due to its sustainability and cost effectiveness in at-risk children



Third keynote lecture was delivered by **Dr. Lawrence Gerstein** (Professor, Ball State University, Indiana, USA) and **Dr. Lindsey Blom** (Professor, Ball State University, Indiana, USA) who talked about inculcation of sports in developing social change among the youth. Some of the benefits of sports, which they highlighted, included development of social support network, better health conditions, social skills and life skills development.

The fourth keynote lecture was conducted by **Prof. Dr. Anila Kamal** (Vice Chancellor, Rawalpindi Women University, Rawalpindi) on **Gender Sensitization and Related Issues Faced by Pakistani Youth**. She shared that Pakistan ranked on the bottom 4th position in the global gender gap index report 2021 and emphasized the dire need of gender sensitization to combat the gender discrimination, gender-based violence, and a focus on the similarities between men and women which will allow experiences and viewpoints to be expressed thus, increasing respect and value among them.



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Dr. Seema Pervez (Retd. Professor, National Institute of Psychology, Quaid-i-Azam University, Islamabad) delivered the fifth keynote lecture on second day of the conference titled **Impacts and Additional Responsibilities on the Youth During COVID-19**. She discussed the fact that they play a vital role in balancing the economy as the biggest consumers as well as

producers in Pakistan. She stressed that during the pandemic the burden of responsibility was heavy on the shoulders of the youth, and the unpredictable environment and added stressors took a toll on their physical, social, and psychological health. She, finally, acknowledged that the youth tried their best to persevere despite the multifaceted issues faced during this tough time and hoped for a safer and brighter future ahead.



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Scientific Sessions



The theme of the first scientific session was *Youth Mental and Physical Health*. It was chaired and co-chaired by **Dr. Shoaib Kiani** (General Headquarters, Rawalpindi) and

Prof. Dr. Iffat Rohail (Department of Psychology, Foundation University, Islamabad) respectively. The session in-charge for the activity was **Dr. Jamil A. Malik**, associate professor at NIP and it was moderated by **Ms. Sara Imtiaz**, lecturer at NIP. Nine research papers were presented in this scientific session. The research papers focused majorly on the importance of quality of life, psychological wellbeing, resilience and emotional regulation on the physical health of youth.

The session in-charge for the activity was **Dr. Irum Naqvi**, assistant professor at NIP. **Ms. Namood-e-Sahar**, PhD Scholar at NIP acted as the moderator throughout the session. The chair and co-chair were



Prof. Dr. Salma Siddique from Department of Behavioural Sciences, National University of Science and Technology, Islamabad, and **Dr. Sarwat Sultana** from Department of Applied Psychology, Bahauddin Zakariya University, Multan respectively. A total of seven research papers were presented in the activity that mainly discussed the emotional and behavioral changes that arise in adolescence, perception of social acceptance in young adults and role of parenting in understanding the self-esteem issues in them.



The theme of the second scientific session was *Youth and COVID-19* that was chaired and co-chaired by **Prof. Dr. Anis-ul-Haq** (Department of Applied Psychology, National

University of Modern Languages, Islamabad) and Dr. Aneela Maqsood (Department of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi) respectively. Nine research papers were presented in this scientific session. The session in-charge for the activity was Dr. Sobia Masood (Assistant Professor, NIP) and it was moderated by Ms. Sadaf Rehman (NIP PhD Scholar). Papers in this session emphasized on covid-19 and its impacts on mental health and academic performance of youth.



Themed on “Youth and COVID-19”, the session was chaired by Prof. Dr. Syeda Salma Hassan from the Department of Psychology, Government College University, Lahore) and cochaired by Prof. Dr. Nazia Iqbal from the Department of

Psychology, International Islamic University, Islamabad. Dr. Humaira Jami, Assistant Professor at NIP was session in-charge for the activity and Ms. Sanam Younis, a PhD Scholar at NIP was the moderator. A total of eight research papers were presented in this activity that mainly discussed the impact of COVID-19 on youth, particularly in areas of their everyday life like eating behaviors, sleep disturbances, academic motivation, emotional intelligence and learning styles.

This session was moderated by Ms. Neelam Bibi, PhD Scholar at NIP and the session in-charge was Dr. Naeem Aslam, assistant professor at NIP. The theme of the session was “Youth and Community” on which nine research papers were presented. The session chair was Dr. Farhana Janhgir, Professor Emeritus at University of Peshawar whereas it was co-chaired by Prof. Dr. Shahida Batool from Government College University, Lahore. The papers in this session shed light upon the positive youth development, cognitive appraisals and parent-child relationship, psychological resilience between body image and emotional well-being and effect of psychological distress on proactive coping in Pakistani Context.



The theme of the session was “Online Gaming and Internet Addiction”. Ms. Raiha Aftab from the National Institute of Psychology, Quaid-i-Azam University, Islamabad acted as

session in-charge whereas Ms. Samiya Ashraf, MPhil Scholar at NIP moderated the session. Prof. Dr. Masood Nadeem from the Department of Applied Psychology, Islamia University of Bahawalpur, and Dr. Shazia Khalid from Department of Social Sciences and Humanities,

National University of Medical Sciences, Rawalpindi were session chair and co-chair respectively. In this activity, six research papers were presented in total that mainly revolved around addictive behaviors exhibited due to online and video games, and their consequences on health, social life, family relations and mental well-being of the youth. Medical issues like back pain, and poor eyesight as well as psychological changes like aggressiveness had been discussed which result from prolonged hours spent in playing games.

The theme of the scientific session was ‘Youth and Gender Issues’ and it was chaired and co-chaired by Prof. Dr. Anila Kamal (Vice Chancellor, Rawalpindi Women University, Rawalpindi) and Dr. Haziq Mehmood



(Assistant Professor, Department of Applied Psychology, University of Management and Technology, Lahore) respectively. Nine research papers were presented in the current session. The session in-charge for current activity was Dr. Aisha Zubair (Assistant Professor, National Institute of Psychology, Quaid-i-Azam University, Islamabad). Moderator of the session was Ms. Syeda Dua Tanveer, an MPhil Scholar at NIP. The oral presentations highlighted major gender issues that included gender differences in our society and gender roles with respect to social dominancy. Further, this session addressed early marriages of girls, educational issues among the female population especially in rural area and sexual satisfaction among emerging adults.



The session was based on the theme, “Digital Technology and Youth Mental Health”. The session in-charge for the activity was Dr. Imran Bukhari, assistant professor at the National Institute of Psychology,

Quaid-i-Azam University, Islamabad. Ms. Hamna Hashmi, M.Phil. Scholar at NIP acted as moderator throughout the session. Prof. Dr. Muhammad Azam Tahir from the Department of Psychology, University of Baluchistan, Quetta and Dr. Sadia Saleem and Department of Clinical Psychology, University of Management and Technology, Lahore were the session’s chair and co-chair respectively. In this activity, a total of eight research papers were presented. The presenters discussed the perilous consequences of digital technology that have been observed in adolescents and adults; issues like internet addiction, cyberbullying, deviant peer affiliation, addictive internet use were highlighted.

The session was chaired and co-chaired by Prof. Dr. Muhammad Jahanzeb Khan (Vice Chancellor, FATA University, Kohat) and Dr. Uzma Masroor (Department of Humanities, Education and Psychology, Air University, Islamabad) respectively. Nine research papers were delivered in this session. Ms. Saira Khan (Lecturer, National Institute of Psychology,

NIP Conference



Quaid-i-Azam University, Islamabad) was the session in-charge and the moderator was Ms. Urooj Tara, PhD Scholar at NIP. The oral presentations highlighted the impact of social media on mental

health of youth and the different issues emerging from social media addiction including selfie addiction, constant upward social comparison causing envy, fear of missing out, exposure to sexually explicit content. The impact of social media on beauty perceptions, self-esteem, sexual behaviors and body image was also brought to light by the presenters.

The incharge of the session themed “Cyberbullying and Victimization” was

Ms. Riffat Zahir, assistant professor from the National Institute of Psychology, Quaid-i-Azam University, Islamabad whereas Aliya Abdul Hayee, PhD Scholar



at NIP moderated the session. Prof. Dr. Farah Malik from Institute of Applied Psychology, University of Punjab, Lahore, and Dr. Najma Malik from Department of Psychology, University of Sargodha were the designated session chair and co-chair respectively. During the session, eight research papers were presented that mainly revolved around the adverse consequences of cybercrimes on psychosocial and emotional wellbeing of adolescents. The presentations highlighted that the young female adults are more prone to cyber victimization in Pakistan as compared to their male counterparts due to cultural restraints. Furthermore, the positive correlation between excessive use of smartphones and loneliness among youth was also discussed during the session.



The theme of the last scientific session of the day was “Youth Substance Abuse/Addiction” which was chaired by Prof. Dr. Zahid Mahmood (Institute of Clinical Psychology, University of Management and

Technology, Lahore) and co-chaired by Dr. Bushra Hassan Malik (Department of Psychology, International Islamic University, Islamabad). Six research papers were presented in this session. The session in-charge for this activity was Ms. Arooj Mujeeb (Lecturer, National Institute of Psychology, Quaid-i-Azam University, Islamabad) and it was moderated by Ms. Syeda Baseera Zahra, MPhil Scholar at NIP. The session came up with informative research papers that shed light upon rising issue of our youth i.e. substance abuse and its addiction. The oral presentations highlighted the influence of family and parental relationships, peer influence, social acceptance and psychological distress on substance abuse.

Conference Dinner and Shield Distribution



As per NIP’s tradition, the conference was followed by a celebratory dinner for the organizing committee alongwith certificates and shields distribution. Prof. Dr. Muhammad Idrees (Dean Social Sciences) and Prof Dr. Muhammad Ali (VC, Quaid-i-Azam University) graced the occasion with their presence.

Certificate Distribution Ceremony for Volunteers



NIP always acknowledges the efforts of the students, who volunteer for conference, in the best way possible. Thus; a certificate distribution is always conducted to

acknowledge the efforts of the volunteers in form of certificates and this ceremony is attended by Director and faculty members with all zeal and zest. For current conference, this ceremony was celebrated on November 9, 2021.

NIP Services

NIP is quite keen in facilitating its students, students of the university, as well as the local community through its various services.

Counseling Centre

In order to cater the psychological needs of students and local community, NIP’s counseling centre works quite vigilantly with its team of four psychologists which is led by Dr. Naeem Aslam (Lecturer and Clinical psychologist at NIP) and is fully equipped with up-to-date diagnostic tools. Charges for registration and counseling/therapy session are as follow:

Registration fee for NIP students: 200 PKR
Counseling/therapy session for NIP students: 500 PKR
Registration fee for Quadians: 500 PKR
Counseling/therapy session for Quadians: 800 PKR
Appointments can be acquired via following sources:

Telephone: 051-9064-4018

Email: counseling@nip.edu.pk

Seminars and Workshops

In order to fulfill its social responsibility, NIP organizes seminars/webinars on *Tuesday* of every week. Alongwith seminars, training workshops are conducted on certain topics i.e., learning a therapeutic approach. NIP posses an extensive list of organizations and resource persons working with it. Acceptance of the training/workshop depends on the idea and the expertise of the resource persons. For further details, following coordinators can be contacted:

Workshop coordinator: raiha.aftab@nip.edu.pk

Seminar coordinator: sara@nip.edu.pk

Seminars and Workshops

Risk Factors for Adverse Outcomes with COVID-19 Infections and It's Management



On 26th October Dr. Farhan Abdul Abdul Rauf (Doctorate of Medicine, Doctorate of Philosophy, Masters in Public Health (MPH) from Kazakhstan and

Ukraine, respectively) delivered a seminar on 'The Risk Factors for Adverse Outcomes with COVID-19 Infections and It's Management'. Learning outcomes of the seminar included identification of risk factors including anemia, poor oral hygiene, dehydration, lack of required exercise, poor ventilation, consumption of tobacco or alcohol, and lack of exercise. All of these conditions can enhance the damage of COVID-19 profoundly. Audience also learnt that all these unhealthy behaviors can be precursor of four diseases which are responsible of 60% deaths around the globe that is; heart problems, diabetes, hypertension, and cancer. Dr. Farhan encouraged audience to look at their unhealthy life patterns in order to replace them with healthy lifestyle after attending his seminar.



in managing chronic illnesses such as diabetes, hypertension, and asthma etc. Dr. Junaid highlighted the importance of management skills in healthcare facilities. The crux of the seminar was

educating the audience about importance of actively learning about the reality and management of their diseases with a point that knowledge about one's disease increases their perception of control over it. Better education, active involvement in treatment, and psychological consideration leads to satisfaction. Thus, seminar remained helpful in generating a sense of personal responsibility among audience.



Seminar on Teach For Pakistan 2022 Fellowship

On 30th November, 2021 a seminar was held at NIP by Teach for Pakistan by their representative Ms. Maleeha Waleed. Teach for Pakistan provides our nation's top graduates the opportunity and support to teach for two years in low-income communities through a unique fellowship and develop the skills and convictions to lead education reform from across the social and economic systems. Seminar was helpful in generating empathy for situation in low-income communities schools during lockdown i.e., lack of electrical gadgets and internet connectivity. Audience also learnt about the need of teachers who possess the qualities of understanding, empathy, dedication, and flexible pedagogy skills and application of these personality traits while working in low-income community schools. Additionally, students in the audience were informed about the selection process of the organization and were encouraged to take part in fellowship to be a part of educational revolution in Pakistan.

Seminar on Patient Participation in Chronic Illness Management

A seminar titled "Patient Participation in Chronic Illness Management" was delivered on 14th December, 2021 by Dr. Muhammad Junaid who is Assistant Professor of Marketing, Tourism, and Hospitality Management at School of Management Sciences at Quaid-i-Azam University, Islamabad to enlighten the students with the importance of patient education and patient participation

Webinar in the Memory of Dr. Akhter Ahsen



National Institute of Psychology held a webinar in memory of the revolutionary Dr. Akhter Ahsen on the 21st of December, 2021 who is known as

the father and founder of Modern Eidetic Psychotherapy. Panel members included Dr. Akhtar Ali Syed (Principal Clinical Psychologist at Borthers of Charity Services), Dr. Shazia Neelofur (Principal Clinical Psychologist at Borthers of Charity Services), Prof. Dr. Asir Ajmal (Dean Faculty of Arts and Social Sciences) and Prof. Dr. Rubina Hanif (Director NIP). Dr. Akhtar Ali provided a comprehensive introduction Dr. Ahsen and eidetic therapy. He elaborated that Dr. Akhter Ahsen worked on structural eidetic image which is the way our mind stores and records any emotionally significant experience which passes through all our five senses which are visual, tactile, auditory, olfactory, and gustatory with no bifurcation. He told audience that eidetic therapy has no instruction, does not preach anything, is not instructional or educational it simply facilitates an individual to process experiences in their life. Dr. Shazia then proceeded in expanding on the topic 'Deinstitutionalization and the Role of Eidetic Model of Growth in Providing Psychological Supports to People with Intellectual Disabilities, Mental Health and Complex Needs'. Importantly she mentioned that according to study findings, the needs of individuals facing challenging circumstances (on returning back to community after living in institutions) were not known. She also highlighted that EMG supported these individuals to minimize the challenges being faced and

Outreach Seminars / Workshops

all in all helped in returning to the community by recognizing their emotional needs. She also proposed that prospective planning should also be done here in Pakistan on serving the individuals facing challenges on deinstitutionalization. Prof. Dr. Asir Ajmal also reflected on his research experience that how deinstitutionalization without proper planning can pose problem. He also recalled the fond memories of his stay in the US with Dr. Ahsen and how his own father Dr. Muhammad Ajmal and Dr. Ahsen shared a special bond and mentioned that few times Dr. Ajmal consulted Dr. Ahsen for support and counseling. Prof. Dr. Rubina Hanif then thanked the panel members and highlighted that the global recognition that Dr. Ahsen has is not reflected here in Pakistan especially among younger generation. She raised the hope that activities like this webinar and Dr. Akhtar Ali's visit to NIP in mid-November this year would help to parallel, the global popularity Dr. Ahsen has in Pakistan as well, at least through NIP students. The session was closed after question and answer session and appreciating panelists for their participation.



Seminar on Drug Addiction and Prevention



Seminar on awareness of drug abuse prevention was organized by students of BS-I as part of their awareness campaign for which Chairperson of KKAWF (Kareem Khan Afridi Welfare Foundation) was invited on 28th of December 2021. Cristina Afridi founded this organization after the death of her only child Kareem due to

over-dosage of drugs. She talked about different types of drugs including heroine, ice, tobacco ,cocaine and even prescription drugs which are being misused nowadays. Among all of these drugs, heroine and smoking are widely used by youngsters in Pakistan and Pakistan is one of largest country with 63% of youth in South Asia where heroine is mostly used by teenagers which is quite alarming situation. She emphasized that teenagers need to defend themselves against drug usage and cut ties from anyone who is habitual user of drugs; she called it self-defense technique. She urged the audience to spend their energy in constructive physical activities like sports. She emphasized on the role of social connections and social support and, particularly, addressed for adults to reduce their mobile time to connect with their younger generation in real time. The take home note was the self defence against drugs, that is; Ms. Cristina Afridi emphasized that every youngster should stay away from that environment in which people use drugs.

Training Workshop on Eidetic Therapy



Training workshop level-I was conducted at NIP from 17th to 20th November, 2021 which was fondly attended by many students and clinical psychologists from around Pakistan.

Resource person of the training was Dr. Akhtar Ali Syed who is Clinical Psychotherapist at Brothers of Charity Services, Waterford, Ireland. Training emphasized the usage of eidetic images in therapy that is; this way f treatment can be used with everyone who is capable of making a image in the mind which indicates the magnitude of its implications. Resource person made audience understand the linkages between image, somatic symptoms, and thoughts and the therapy intends at breaking the connection between image and its resulting somatic symptoms. Training provided a first-hand experience to audience with various hands-on practice sessions as well as live therapy sessions by Dr. Akhtar Ali.

Training Session on Tools for Conflict and Stress Management



NIP faculty Dr. Sobia Masood, conducted a training session on "Tools for Conflict and Stress Management" in a one-day training workshop on 'Harnessing community policing through

strategic communication and perception management' held at ICT Headquarters (12th October 2021) jointly organized by Islamabad Police and Paigham-e-Pakistan, Centre for Peace, Reconciliation, and Reconstruction Studies. More than hundred police officers attended the training. Dr Masood's reflected upon the healthy and unhealthy ways for conflict and stress management.

Training Session on Psychological and Social Issues in Disasters (25-28 Oct)



Dr. Sobia Masood, conducted a 4-day training session organized by the National Institute of Disaster Management in collaboration with

the National Disaster Management Authority and Japan International Cooperation Agency for officials of national and provincial disaster management authorities to improve their understanding of the psychosocial impact and management of disasters survivors.

Article: Relapse Prevention in Drug Abuse

The literal meaning of addiction is enslavement because the addicted person feels enslaved by the addicted object or substance. It is an inability to avoid consumption of a drug, substance or activity, even though it is causing psychological and physical harm to the person, according to National Institute of Drug Abuse (NIDA). Addiction of drugs is no one's personal issues but it is a global problem, as stated by United Nations Office on Drugs and Crime (UNODC) and another devastating feature of drug abuse is relapse with worsens the problem of drug abuse. Return to the state of addiction after treatment is recognized as relapse of the drug abuse. Statistics demonstrate that approximately 6% of total population in Pakistan can be identified as drug addicts and 85% of those addicts experience relapse after being treated for their problem. This higher percentage of relapse among drug addicts produces a dire need to study relapse prevention as thoroughly as drug abuse.

The need of the time is to look for the factors which may prevent the re-occurrence of drug abuse and help an individual to lead a drug free life. Majorly, the prevention of drug abuse relapse can be strengthened by spreading awareness about the warning signs of relapse whose timely diagnosis and treatment could help prevent it. Target audience for this kind of awareness campaigning can be drug addicts themselves, their family and friends, psychologists, school/college/university counselors, and medical doctors. Not only identification of physical symptom may prevent the relapse but it is equally important to understand the psychological factors which facilitate the relapse and which must be known to the people who come into contact with drug addicts. For example; factors like personality traits, regulation of one's actions, coping skills, and emotional stability are found to be of due importance in this regard to foster the recovery and prevent relapse. These are the same factors which are associated with self-regulation, self reflection, and personal growth and thus, indicate a connection between poor self-regulation, lack of ability to reflect on one's actions, lack of personal growth intentions, and relapse.

NIP is actively working on issues of drug abuse and relapse and one of such pieces of work include the research conducted by Sahar and Irum in 2020 titled "Self-reflection, self-importance of moral identity, self-forgiveness, and personal growth initiative as psychological determinants of relapse prevention among drug addicts. Relapse prevention was interpreted in terms of warning of relapses that is; lower the warning of relapse, higher is the probability of relapse of the addict individual. The findings of this research provide support for the role of self-reflection, self-importance of moral identity, self-forgiveness, and personal growth initiative in reducing warning signs of relapse and hence increasing relapse prevention. These findings are quite interesting if we view it through the lens of personality development. Moral identity and self forgiveness are the aspects which an individual develops while growing up which means that early childhood training can be a precursor of later

drug abuse problem and regulating one's actions. Though this study covers one aspect of relapse prevention, further similar studies may pave the way for a thorough understanding to drug abuse relapse prevention. The findings add to the theoretical understanding of relapse prevention and could be used to develop an intervention plan for relapse prevention among drug addicts. Intervention plan can be developed for school and college students where they must be trained for developing capabilities like that of self-reflection, personal growth initiative, self regulation of emotions and actions, as well as development of a healthy moral identity.

Written By: Namood-e-Sahar

Poem on Environment Preservation

In order to generate awareness and sensitivity for environment related issues, a student of BS-I has penned down imagination in a beautiful way in following verses:

What if our sky of pretty hues
Falls into the ocean
And set it into motion
So to embrace the land,

What if all these birds
They all forget their melodies
Friends turn into enemies
So to fly around in agony

What if all these trees
All fall down to their knees
They miss the sound of their leaves
In summer's gentle breeze,

What if rose fights over lily,
With the flower of sicily
They will go kill one another
For their so called lily lover.

And so the world will have no sky,
Niether ocean nor the rivers,
No more chirp, caw, hoot or cry
Deathly silence, or just its sliver

With the absence of the trees
loss of rose, carnation , lilies
Will we come to realize?
Our well deserved demise?

Written by: Shiffa Rehman

BS-I

Featured Alumni Dr. Rayna Sadia



Ms. Rayna Sadia is the MPhil alumni of National Institute of Psychology, Quaid-i-Azam University who passed her session in the year 2015 and left for PhD in Hong Kong. Rayna Sadia is a Division 15 ambassador of Asia for International Association of Applied Psychology (IAA), currently working as an Assistant Professor at Riphah International University, Islamabad, Pakistan. She received her Ph.D. in Applied Psychology from Lingnan University, Hong Kong. Her Ph.D. research project aimed to develop a traffic safety framework for developing countries. With this aim, she examined longitudinal data from China and adopted distal-proximal-behavioural approach in Pakistan. Findings suggested that indigenous traffic cultural aspects are important for safer roads. Besides her academic research, she worked on Knowledge of Sexual Reproductive Health (SRH) of Pakistani adolescents on a joint project with Oxfam (Novib) and National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan. Her diverse experience of teaching in Pakistan and Hong Kong (during her Ph.D.) gave her an insight to understand the challenges student are facing during online / blended learning. She has been part of IAAP since 2018 after attending Advanced Research Training Seminar (ARTS) and has been working on cross-cultural aspects of myths and beliefs in Canada, Spain, Italy, and Pakistan. Other than receiving Fung scholars overseas research award for an exchange program at University of Stirling, she participated in Emerging Professional Psychologists (EPP) organized by ICP at Prague in 2021.

PhD Public Defence



A PhD Public Defence of Ms. Saira Khan (NIP Faculty Member) titled "Role of Personality Disorders in Prediction of Achenback System of Empirical Based Assessment of Problem Behaviors Among Adults" was conducted on November 15th, 2021. The dissertation was supervised by Prof. Dr. Anila Kamal and the external examiners of the dissertation included Dr. Uzma Masroor from Bahria University and Dr. Nazia Iqbal from International Islamic University, Islamabad.

Graduation Ceremony of M.Sc Psychology (Fall-2018 to Spring-2021)



The graduation ceremony of M.Sc Psychology (Fall-2018 to Spring 2021) was held on November 10, 2021 and the event was graced by the presence of the Director herself and all the faculty members to whom we are all thankful. The cake with the graduation theme was cut. At the end, all proceeded for the photo session. The worthy director was very pleased with the arrangements and the decor and congratulated the whole batch on the successful completion of the degree.

Welcome / Farewell Party



A combined welcome and farewell party was organized by BS-III and BS-V semesters for newly inducted semesters of BS-Lateral entry and BS-I and for the passing-out badges on December 22nd, 2021. more than the welcome/farewell party, the activity was all-in-one fun activity exhibiting various talents at their zenith. The evening was comprised of varying segments to indulge the audience in aura of the part including cultural dances, singing, poetry, tableaux on different social issues, mimicry, and comedy news. Portraying violence against women in a skit performance reflects that even a fun evening can be utilized for learning purposes. The organizer of the party was NIP Student Club team under supervision of Dr. Saira Khan. The functions was attended by respected director as well as faculty members who thoroughly enjoyed the event.