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Successful Launch of MPhil Evening Program



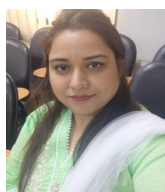
Under supervision of Director NIP, Prof. Dr. Rubina Hanif, NIP team successfully launched evening program for MPhil. This is the first-ever evening program offered by National Institute of Psychology. The program is particularly designed for professionals who can easily join evening classes for their academic progression. In order to welcome evening program students and to familiarize them with NIP culture, an orientation session was arranged by the Director and MPhil Evening Program Coordinator, Dr. Jamil Ahmad Malik, (Associate Professor) on February 28th, 2022. Students were welcomed by the director and treated with exquisite tea. Memories of this successful initiation of the evening program were captured through camera.

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MOU with Hometown Community Foundation



An MOU was signed between National Institute of Psychology and Hometown Community Foundation on March 17th, 2022. According to MOU, both parties will work side by side to eradicate drug addiction from Twin

NIP Activities

Cities. Awareness Session and Registration desk activity will be held in near future.



Other workshops and community outreach programs are planned by CEO Hometown Community Foundation, Ms. Mehwish Tariq and Director of National Institute of Psychology, Prof. Dr. Rubina Hanif.

Plantation Week



As per long rooted traditions of National Institute of Psychology, second week of March was observed as the plantation week. Like every year, students and teachers contributed for plantation activity wholeheartedly.



The activity was supervised by Dr. Nelofer Kiran Rauf, (Assistant Professor). Every class of BS, MPhil, and PhD was assigned a different day and time slot for their plantation activity which was followed by the plantation activity of Director and all faculty members.

Capacity Building Training



Dr. Jamil Ahmad Malik (Associate Professor) participated in a 5-day Capacity Building Training for PIs. The

training was organized by HEC in collaboration with British Council from 7th to 11th March at Marriott Islamabad.



One-Day Faculty Trip



One-day faculty trip was arranged by the Institute during semester break for refreshment of faculty members to exotic place near Khanpur dam, called Mabali Island. The journey started at 9-am in the morning. A pleasant weather accompanied with amusing conversations all along. After reaching Mabali Island, faculty explored

entire area before tea break. After tea break, faculty went for boating and jet skiing which they enjoyed utmost.



Activities were followed by a delicious lunch. Pleasing landscape proved to be an energy booster. On the way back, faculty purchased oranges from local vendors and thanked administration officer and director for a memorable trip.

National E-Commerce Convention



A group of NIP students accompanied by Ms. Riffat Zahir (Assistant Professor) from the NIP faculty attended the National E-Commerce Convention held at the Jinnah Convention Centre, Islamabad on 21st Feb, 2022. The three components of the convention included inauguration of e-tijarat online portal, exhibition of successful startups and awards to the industry leaders for their services to the country and the economy. Prime Minister Imran Khan, the chief guest of the event, while addressing the attendees on this occasion said that the government was planning on expanding the information technology (IT) sector in a few years and urged the youth to take advantage of the "technological revolution" in the country.

Seminar



On 15th March, 2022 an awareness seminar titled 'Cybercrimes and Cyber Security' was delivered by Ms. Zooni Ashfaq and Mr. Najeeb ul Hassan from the Cyber Crime Wing, FIA. The activity was attended by a fully packed house of students who received the activity with immense interest.

While introducing their FIA wing, the speakers shared that the Cybercrime Wing (CCW) of Federal Investigation Agency (FIA) deals with the growing threats of cybercrimes and is the only unit of its kind in Pakistan which directly receives complaints and take legal measures against cyber criminals.



The awareness seminar covered rich and important information with the audience including the importance of cyber security, types of cybercrime, secure usage of smart phones and other electronic devices, secure browsing, keeping one safe on the web and social media platforms, dark web services, social engineering and being cyber wise. On this occasion, information leaflets were also distributed among the attendees besides gifts which were given to the students for asking pertinent questions. In the end, the speakers were thanked for their time and input and tokens of appreciation were presented to them for doing a commendable job.

Achievement of BS-I Students



BS-I students conducted an awareness campaign on wildlife in their course titled “Foundations of Social Work” under supervision of Ms. Arooj Mujeeb (RA Cum Lecturer). The campaign was conducted in collaboration with WWF. The activities of the campaign included regular visits to hiking trails of Islamabad in order to meet and interview tourists. A comprehensive questionnaire was developed to gather information about the demographics of the visitors as well as regarding their knowledge of wildlife. At the end of one month campaign, students presented a brief report of the campaign to WWF director at Islamabad office. All the students, engaged in this campaign, were awarded with one-month internship certificate by WWF on March 11th, 2022.

PhD Public Defence



Two PhD Public Defences were conducted during January – March, 2022 at National Institute of Psychology. The first defence was by Ms. Sadia Huda which was conducted on January 24th, 2022. She was supervised by Prof. Dr. Anila Kamal. Her examiners included Dr. Tahir Khalily and Dr. Uzma Masroor. Second public defence was conducted by Ms. Mehpara Siddique on February 28th, 2022. Her research was supervised by Prof. Dr. Rubina Hanif and her examiners for the defence included Dr. Nazia Iqbal and Dr. Sadaf Ahsan.

Call for Abstracts for 9th International Conference



9th International Conference
Trauma, Abuse, & Violence: Thriving for a World Without Torture
 (July 23rd, 2022)

Virtual Conference

Key Features

- Empirical Papers
- Symposia
- Case Studies
- Poster Presentations



Website & Email

<https://conference.nip.edu.pk>
conference@nip.edu.pk

Conference Proceeding & Publications

Conference Proceedings Book
 Selected papers will be published in an international, peer reviewed Journal-Voices Against Torture (<http://vat.vast-vancouver.ca/>)

Deadline For Abstract Submission:
 (April 20th, 2022)

Collaborators



Vancouver Association for Survivors of Torture
<https://www.vastbc.ca/>



Voices Against Torture, Canada
<http://vat.vast-vancouver.ca/>



School of Human Rights(SHR), Islamabad, Pakistan
<https://schoolofhumanrights.com/>



Roots Pakistan, Rawalpindi, Pakistan.
<https://rootspakistan.org/>

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NIP 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

Seminars

In order to fulfill its social responsibility, NIP organizes seminars on *Tuesday* of every week. Seminar coordinator can be contacted for conducting seminars.

Seminar coordinator: riffatzahir@nip.edu.pk

Workshops

Online and on-campus training workshops are also conducted on various topics. NIP possesses an extensive list of organizations and resource persons working with it. Proposals of workshops can be submitted to following coordinators:

On-campus Workshop coordinator: raiha.atab@nip.edu.pk

Online workshop coordinator: aroomujeeb@nip.edu.pk

Are We All Addicted?

What we know about it?

We consider addiction as the act of being psychologically and/or physiologically disable to quit consumption of a drug, substance, or activity even when the person is fully aware of the harmful consequences it brings. And the addicted person is considered morally weak, psychologically ill, and emotionally unwell. When we heard the word “addict” the image that appears in mind is of a person who is captured in the cage of drug, screaming to get free, unknowing of the fact that the key of cage is in his or her own pocket and thus unable to get free. But is addiction only about drugs and substance abuse? It certainly isn't.

What is it?

Addiction is slavery, the action of giving (rather losing!) yourself to something or someone completely. It also include to continue doing any act or being in a states despite of being completely aware of the worse consequences it is impending upon you. Now close your eyes for the moment and think about WHAT HAS ENSLAVED YOU? It could be anything, action, or person about which you often feel as if “I could or should not but I have to”.

I love my friend, but sometime the undue favors are hard upon me. I couldn't fulfill them but I have to.

I love to be on social sites, but it kills my time. I shouldn't use it excessively but I have to.

I love to start my day with a cup of coffee, but if I don't have it the whole day is ruined. I shouldn't let it but I have to.

Are we all ENSLAVED?

Yes we are...each one of us is enslaved. Why? Because the human beings no doubt are “free souls” but we are also “bond-lovers”. And when you are

bonded, you often give-up on yourself to protect the “bond”. This is the point when the bond or the relation start shifting from the “beautiful bonding” to the “enslavement”, from the “pleasant breeze” to the “oxygen to respire”.

It is you and me who are transforming beauties of life in to addiction. The activities we love to do, the things we love to eat, the relationships we are fond of; all of this are beyond the “could” and “should”. We feel like bonded to do the things or perform in a specific way to keep the bond intact. But the reality is

“A loving bond is reliable and strong only when it is unconditional”

What is UNCONDITIONALITY?

It is the notion of being “without” conditions. The sign of a loving bond is that it is always without any conditions, without any “if” and “but”. And the moment you start accepting this reality, believe me the life will start become easier.

BUT HOW TO DO IT?

This is the basic question which must be pinching you from the very start that

“Okay lady! Enough with all your PHILOSOPHY but how it all can be done? How we can know about the slavery we are pleasing? How we can get rid of the addictions in which we all are in? And how this unconditional attitude can be made workable?”

So, easy folks...it's all very simple just

“ACCEPT WHAT IS AND LET GO WHAT ISN'T”

We are all somehow stubborn by instincts; we love to have what pleases us we hate to receive what is painful. And to avoid the uneasiness the bitter realities offered we start the circle of “addiction” despite of knowing that it is all an “excuse” for not

accepting the things rationally. But we keep on perceiving the things as we wish them to be rather than what they really are. So, just start accepting little realities around, always hear to your gut feelings, and don't be afraid of "losing" people, just be apprehensive of "losing" yourself for people or actions which might not even deserve to be kept anymore!

*BE AWARE OF WHAT YOU ARE PLEASING
BEFORE IT CHANGES TO "ADDICTION"*

Namood-e-Sahar

PhD Scholar

An Overview of Mental Health System in Pakistan And Pervading Psychological Disorders

Psychological disorders are pervading in our society. Developed and advanced countries keep a strong bird eye view on the progression and decline of the psychological disorders but unfortunately Pakistan is deprived of such advancements in the maintenance of the record of psychological patients. According to the prevalence report of National Institute of Mental Health, out of every five adult one is suffering from psychological disorders. The total number of adults suffering from psychological disorders was reported as 52.9 million in US in 2020 which is almost 21.00% of US adult. The age range of these individual was reported between 18 to 49 and the prevalence rate was higher in female (25.00%) as compared to males (15.80%).

This huge number of psychological patients can be divided into two categories: Any Mental Illness (AMI) and Serious Mental Illness (SMI). Any mental disorders are categorized as mental, emotional and behavioral problems resulting in minimum damaging impacts on different areas of life whereas, serious mental illness have significant damaging impact on the life of an individual. The prevalence of serious mental illness was reported as

14.2 million which is almost 5.6% of the US adults. The age range of these individuals was reported

between 18 to 49 and the prevalence of illness was higher in females (7.00%) than male (4,2%). According to World health Organization (2009) there are 31% of the individuals suffering from mood disorders and 24% of individuals are suffering from stress, anxiety, neurotic disorders in Pakistan who were reported to the psychiatric hospital with psychological symptoms.

Providing the best health system is the fundamental responsibility of the state. Many advanced countries has flourished the treatment and after care services for these patients which is contributing in the journey of recovery and prevention from psychological disorders. According to the WHO-AIMS (2009) report on Mental Health System in Pakistan there are approximately 3729 outpatient treatment facilities, of which 1% is dedicated for children and adolescents. When these facilities are compared with the population of Pakistan it shows that 1 outdoor treatment facility can treat approximately 343 patients out of 100,000. There are 624 indoor treatment facilities which means that there are approximately 2 beds available for 100,000 patients.

The treatment for psychological disorders is as important as for the physiological disorders but in Pakistan the treatment for mental health problems is badly ignored. We are more concerned for the treatment of physiological diseases, but we are not giving significant importance to the mental health problems. Psychological disorders are also playing a contributing factor in the death of the human beings as suicide is the third leading cause of death. According to WHO (2009) the ratio between the expenditure of the mental health and other health is 0.4% and 99.60% which means that 0.40% of the amount is being expended on mental

health and 99.60% of the amount if being spent on other health issues.

Many people in our surrounding collapsed in their mental processes but we do not pay attention to the psychological side of these disorders. A huge number of people prefer to take their loved ones to the PEER BABAS (quacks) but they will never seek for the professional help. Many educated people tries to treat their loved one at home and they are afraid by the treatment barriers. They are afraid of the stigma which is attached to the mental health system.

There are approximately 8.9 million species on the earth however, only 1.2 million species are discovered so far. The most interesting fact is this that all the species like human beings suffer. For example, animals also suffer from many diseases as like the human beings but there is only one difference between the animal patient and human patient. Animal patients had never gone for their own treatment, they can never take any medicines but fortunately human patients can go to the physician and take the medicines for their problems. We have to behave like humans in the health matters because animals we carry the animals to the hospitals, humans should report to the hospitals for their own problems.

All the diseases and psychological disorders are blind in nature, they had never discriminated on the base of gender, education, socio economic status, social status, designation and many other factors. We have to keep it in our mind that everyone among us can suffer from psychological disorder so we need not to be worried. Despite of having the fear of stigma try to break this barrier so that you can save the life of your loved one. We are living in a modern world where the treatment of all physical and psychological disorders is available, you only have to give courage to yourself that taking the treatment is SUNNAH.

Conclusion: Treatment is the only solution for every psychological disorder, fear of stigma is

the major barrier to the treatment so let us break it and save the precious lives of our loved ones.

Fayyaz Ahmad

PhD Scholar

World Inside my Constant Companion

As she jumps into an interesting page
Of her favorite book
To which she is hooked
As she reads the very first word
There she enters a beautiful world
where woes are lesser and temporary
Ways are longer and grassy
Roads meet the horizon
Skies are pink, purple, orange being loud
Fairies make homes on clouds
where no enemy's hands can reach
as wind blows and caresses her face on the beach
Lesser space for hate
Happiness won't fade
Loved ones don't leave
Friends wouldn't deceive
Tears don't well in the eyes
Happiness does not lie in the prices
Things don't matter
It holds her warmly
This is her perch
It doesn't leave her in lurch on her way
Every other one is debonair
She got a companion
And the feeling of getting lost in her companion?
No, it doesn't match anything or anyone.

Sarah Rafaq

MPhil Scholar

Featured Alumni **Dr. Tasnim Rehna**



Dr. Tasnim Rehna, has graduated from NIP in 2017 after a memorable journey at NIP. She joined NIP in February, 2005 as a student of MSc and continued this epic journey as MPhil (2007-2009) and PhD scholar (2012-2017). She was the awardee of HEC indigenous scholarship for PhD studies. She did her PhD research work on cognitive and emotional indicators of life stressors and consequences among youth. Every stopover and milestone of this voyage was marked with comradeship and benignity that is hallmark of this esteemed institute. Her journey was enlightened by the guidance and encouragement of her supervisor and mentor, Prof. Dr. Rubina Hanif, who had been and will always be a constant source of inspiration for her. With her supervisor's motivation and facilitation, she not only published her scholarly work in various journals of national and international repute but also presented her work at various international forums including Roehampton University Conference, UK and SRCD Conference, USA. Alongside this academic voyage,

Dr. Tasnim Rehna served in various academic and research institutes. She worked in Rural Development Policy Institute as Manager Research and Development (2009-2011) and National Counter Terrorism Authority (NACTA, 2012-2013) as Senior Research Officer. Later on, she served as Lecturer and HoD Psychology in Department of Psychology, Riphah International University, Islamabad (2014-2017). Currently, she is serving as Assistant Professor on TTS at Department of Applied Psychology, NUML, Islamabad. Her areas of research are Developmental Psychopathology, Health Psychology, and Trauma and Stress. At NUML, she is teaching and supervising many undergraduate and postgraduate students with these research domains (i.e., pathways of drug recovery, post-traumatic growth in grieved parents, parental bereavement and adjustment problems, school truancy, learning disabilities etc.).

Throughout her career path, she has found herself a reprint of NIP and feels amused when she furthers the academic and non-academic culture of NIP wherever she goes and serves. According to her, NIP has not only made her an academician and researcher but equipped her with the skills and traits to flourish and excel professionally as well as personally in her life. Wherever she goes or serves, she carries her identity of NIP and feels it her responsibility to represent her parent institute with the best of her talent, knowledge, and guts.

On-Going Activities

