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Tree Plantation at NIP



Tree plantation is done every year during spring season at National Institute of Psychology Quaid-i-Azam University Islamabad. In this activity, all of the faculty members, staff, and students take part to make their territory green by planting trees in the department. Like every year, the tree plantation activity was conducted during 18th March to 22nd March, 2021. While keeping COVID-19 SOPs in view, faculty

members, staff, and students were assigned different days to plant trees.

It was a brilliant and innovative manifestation of social responsibility by the faculty members, staff, and students. Director Prof. Dr. Anila Kamal discussed the importance of tree plantation emphasizing on how tree planting is a need of time due to global warming and increased accumulation of carbon dioxide



in the environment. The venue of plantation was selected in the vicinity of department. The species of specimen, which were planted, included sukhchain, kachnaar, and other fruit trees. Activities like these not only teach the importance of plantation but also how to manage things in an incredible way to add beauty to the vicinity of institute with an aim to play the part in making environment clean and green. At the end of

the plantation activity, director thanked all of the faculty members, students, and staff for their participation and good team work.

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Reported by: Moniba Anam

NIP PARTICIPATION IN CONFERENCES

NIP faculty and students participated in various conferences to present their research work. Details of each conference are as follow:

Emerging Scientist Season II Conference



The conference was organized by Asian Association of Science Editors on 13-14 February, 2021. **Dr. Rubina Hanif** was invited as keynote speaker. She talked on **“Positive Youth Development: A Framework to Meet the Challenges”**. Few

studies conducted under her supervision on the said issue (e.g., Hanif & Noreen, 2019; Hanif & Haroon, 2020; and Hanif & Abbassi, 2021) highlighted the significance to improve developmental assets of young people to achieve the desired positive outcomes. Various models that support and identify the components of healthy youth were discussed. An indigenous Positive Youth Development Model (PYDM) was presented. This model comprised of three components i.e., individual - environmental Factors, Personal skills, and Health Outcomes. She presented the conceptualization, design and action modes for this PYDM. She concluded in her keynote that if we want to see the healthy young people contributing for a flourishing productive society, we need to focus on their positive development.

Mehak Haroon (M.Phil Scholar at National Institute of Psychology, QAU), along with her supervisor (Dr. Rubina Hanif), presented poster of her work in social sciences section of the conference. She got **2nd position** for her exceptional



poster presentation encompassing positive youth development as major outcome. It was a cross-sectional quantitative study was conducted on a sample of 120 dyads which highlighted that the perceived interaction with parents is of great importance in determining positive development of youth perceived parental affection. She presented positive and negative contributing factors that increase or decrease the positive development. The information shared is useful in understanding different behaviors and also provide cues that how behaviors, if negative, can be shifted to positive framework.



Two more posters were presented in the said conference by MPhil scholars **Saadatullah** and **Nayab Noor** entitled “ethnic discrimination among employees” and “prevalence of cyber bullying and cyber victimization”. Paper on cyber bullying concluded that university students experienced

it at least once in their lives and 64% of the sample



committed cyber bullying at least once in their lives. Research on ethnic discrimination highlighted that the perceived ethnic group discrimination exists among Punjabi and Pushtoon employees in Pakistan. Paper emphasized

need of training on awareness on discrimination. Both of the posters were appreciated by the audience.

Dr. Nelofer Kiran Rauf

presented her work on Autism Spectrum Disorder which is characterized by persistent impairments in social interaction and the presence of restricted, repetitive patterns of behaviors, interests, or activities. The disorder is prevalent among children and her approach was based on turning deficits into strengths among those who has symptoms of disorder so that an individual can have a better life and social adjustment. Evidences for complete recovery are not yet sufficient so, positivity is to move forward with acceptance by captivating strengths instead of just focusing deficits. Hence, her presentation is useful in a way that it will help parents and teachers to keep a positive approach towards dealing with autistic children which in turn will affect the child positively.



Reported by: Dr. Rubina Hanif, Dr. Nelofer Kiran Rauf, Nayab Noor, & Saadtaullah

4th International E-Conference on Neglect, Abuse, and Trauma: The Living Nightmares



The conference was organized by School of Professional Psychology at University of management and Technology, Lahore. **Fatima Bibi**, **Dr. Aisha Zubair** and **Qudsia Saeed** presented research paper titled “Role of Dyadic Relationships and Perceived Social Support in Legitimation of Wife Abuse Among Married Couples”. **Moniba Anam** and **Arooj Mujeeb** presented a research paper titled “Adverse childhood experiences in relationship with dysthymia among adults”.

Reported by: Moniba Anam & Qudsia Saeed

International Medical Sociology Annual Conference



The conference was organized by Bahauddin Zakariya University on 4th-5th January 2021. **Fatima Bibi, Dr. Aisha Zubair** and **Qudsia Saeed** presented their paper titled "Alexithymia and Dissociative Tendencies among University Students: Moderating Role of Emotional Regulation" on 5th of January, 2021.

Reported by: Fatima Bibi

Contemporary Gender Issues: Challenges and Opportunities

Organizer of the conference was University of Punjab, Lahore. On 9th of March, 2021 **Qudsia Saeed** and **Dr. Aisha Zubair** presented online a research paper titled "Role of Personality Traits and Perceived Social Support in Attitude towards Honor Based Harassment among Young Adults".



Reported by: Qudsia Saeed

PhD Public Defense

Two PhD Public Defenses were held during January to March, 2021. PhD scholar Ms. Shazia Yousaf's defense, entitled "Anger and Depression Among Chronically Ill Patients: Exploration of Protective and Risk Factors for Wellbeing and Quality of Life" was held on February 18, 2021 under supervision of Dr. Rubina Hanif and examiners were Dr. Sadaf Ahsan and Dr. Uzma Masroor.



PhD scholar Ms. Aisha Muneer's defense, entitled "Rumination as Interplay Between Dispositional Antecedents and Situational Processing: Exploring Self-Regulatory Execution Function Model" was held on April 06, 2021 under supervision of Dr. Jamil Malik and examiners were Dr. Tanvir Akhtar and Dr. Uzma Masroor.

Community Initiatives by NIP

Teenage Depression project was carried out by a team of five students from BS-I including Ayesha Riaz, Fatima Adnan, Sawera Niaz, Asif Iqbal, and Erum Ejaz through Instagram page in collaboration with a Lahore based clinical psychologist Ayesha Shahid Shiekh who is working as consultant clinical psychologist at Hameed Latif Hospital. She was invited as guest in a live webinar. Their project can be accessed on Instagram with page name "Teen Depression".



Child Advocacy project was undertaken by six BS-I students including Ihtisham-ul-Haq, Afeera Mahmood, Soma Arzoo, Sania Zaman Khan, Hafiz Muhammad Akbar, and Noor-ul-Ain Shoaib to raise awareness on child issues. A webinar was conducted at end of campaign in collaboration with Ms. Sadaf Arif who is currently working as behavioral analyst at Shifa International Hospital, Islamabad. The purpose of webinar was to raise awareness on mental health issues of children. This project can be accessed on both Facebook and Instagram with title of "Child Advocacy".

Reported by: Ms. Arooj Mujeeb

Student's Perspective on Pandemic and E-Learning

By: *Ihtisham-ul-Haq, BS Student*

Humanity, as we know it, has gone through many ups and downs over the course of its history and 2019 brought another of that life changing event which will have long lasting effects on everyone. After the declaration of **Pandemic**, our day to day activities were affected and so was the educational sector. Educational institutions had to shift all their activities online. Universities/colleges were not fully equipped to shift online and neither were students ready for such a transition from classroom based education to online mode. If we talk about the positive impact of online education, I would say that learning from the comfort of my on home was the best thing that I could ever imagine. Yet, adapting to online mode was the most difficult task to accomplish not only for me but for every other student because we were used to classroom based teaching. Secondly network problems are worth mentioning as internet availability in a country like Pakistan is not ideal for online education. Our mind demands a learning friendly environment and internet issue makes it difficult to achieve. Our social gatherings, study circles, hostel life and meeting new friends from other towns plays important role in our learning which is lacking in online system. Adapting to this big change in our education system will take long time, the only thing we can do is to "Hope for the eradication of COVID as soon as possible"



Featured Alumni

Dr. Saiyida Tasmeeera



Dr. Saiyida Tasmeeera has nearly two decades of experience of translating her passion into meaningful deliverance which has helped countless souls in reclaiming their lives with zest and fervour. She is a practicing clinical psychologist with an absolute knack for studying the human mind and behaviour and applying the relevant course corrections for adding greater value to the life. And this immense ability and commitment has led her to co-found the most sought after and critically acclaimed entity of the country, *House of Wellness* which has become a beacon of hope for any soul that get entangled in life's never-ending challenges of personal or professional nature.

In her long and productive associations with leading secondary educational institutions across the country, Tasmeeera has redefined the education model by incorporating all the contemporary teaching methodologies. She has been instrumental in introducing the dynamics of peer relationship and designing curriculum with smart planning and adaptation. She has been the leading architect of differential instruction and successfully introduced universal design for learning guidelines. These interventions have been carried out at Karnal Sher Khan Cadet College, Swabi, Al Hijra Schools, Ziarat & Vehari, St. Mary's Academy, Rawalpindi, PakTurk School System, ROOTS School System and Beacon House Schools System to name a few. Tasmeeera's engagement with the education industry isn't confined to the schools. She has had the privilege of sharing her knowledge and passion with the most ardent receptors of the country who would be just preparing themselves to become the worthy contributors

of Pakistan's knowledge economy. The university students are the most valuable resource of a country and Tasmeeera has interacted with this class as an academic teacher, trainer and a counsellor. Her footprint can be seen at Fatima Jinnah Women University, Allama Iqbal Open University, Agha Khan University, National Institute of Management Peshawar and Centre for Aviation (Institute of Space Technology).

Tasmeeera has never embraced the run of the mill researches that add no value to the society. This can be witnessed by analyzing her post graduate and doctoral thesis. Her post graduate research included a comprehensive thesis on Impact of Media on the Perception on Religious Groups. The dichotomy of two monotheistic religions was determined based on how the media influences the way religious orientation of people changes. The sensitivity and significance of this topic can be ascertained from the fact that the research was conducted in the times when clash of civilizations is being triggered on the religious beliefs and doctrine. Her dissertation for doctoral thesis was on death anxiety in the eastern world. The research was focused mainly on understanding of the role religion plays in formulating a trivial form of anxiety within a person. This subject is till date least understood phenomenon in the west where religion has limited space in one's life. But the topic none the less does create academic jitters of unfathomable proportions.

The NIP's alumnus has array of achievements under her belt. Her life work is currently being defined by *House of Wellness* which is rapidly becoming a benchmark for culturally adapted counseling and therapeutic interventions generating lasting impact on the recipients. In addition, she is also the Director of an organizational psychology enthusiast platform called MYMACOM. She is currently heading an international venture of British Council trainings. The scope and nature of this assignment spans over multi-cultural spectrum encapsulating pupil from East and West.

Tasmeeera holds a Masters and M.Phil in psychology from National Institute of Psychology, Quaid-e-Azam University and She holds PhD in the same discipline from Foundation University. Her career trajectory has indeed made her the source of pride for all the esteemed institutions she has ever been affiliated with.

Reported by: Dr. Saiyida Tasmeeera