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### NIP Faculty Activities



Honourable Director National Institute of Psychology, **Prof. Dr. Anila Kamal** was invited as an expert on impacts of social media in talk show **Samaaj with Muniba Mazari** on PTV on June 29<sup>th</sup>, 2021. She highlighted the positive and negative impacts of social media as well as emphasized the need of regulation and supervised use of social media.

**Ms. Arooj Mujeeb** received certificate of appreciation on June 10, 2021 from Honourable Vice Chancellor QAU, **Dr. Muhammad Ali** on successfully completing the training of female students on empowerment through learning new skills. The training sessions were conducted under a UK based project **Rising Girl**.



### Editorial Board



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2 series of three-days free training workshop s (2 – 4 & 17—20 June, 2021) were organized by **Dr. Humaira Jami** (Assistant Prof., PI) and **Dr. Sobia Masood** (Assistant Prof. Co-PI) under **NRPU research project (10368)** “Preventing Cyber bullying Perpetration and Victimization Among Adolescents: Cyber Law Awareness, Internet Self-Efficacy, and Online Lifestyle in Perspective” at National Institute of Psychology and Gordon College. **Ms. Hira Kanwal** and **Ms. Sidra Iqbal** assisted the training at NIP- whereas; workshop at Gordon College was facilitated by **Dr. Waseem Fayyaz**, **Mrs. Arshia**, and **Mr. Altaf Hussain** along with research assistants. Training focused on identifying antecedents and serious consequences of cyber bullying and its management. Training techniques used were posters, brain-storming sessions, hand-on practice, and specially designed videos to

aware participants and their parents regarding cyber safety.



**Prof. Dr. Anila Kamal** was invited in panel discussion of international conference organized by **Young Psychologists Association** on May 8, 2021 where she talked about challenges posed by COVID-19. Development of disaster management skills and programs in universities, using online resources more effectively, effective role of psychologists, and development of physical and mental health education programs were some of the recommendations given by her.

**Dr. Irum Naqvi**, spoke as a resource person in a webinar on June 1, 2021 organized by **Student Tutoring and Counseling System**. Webinar focused on the tips which can be helpful in anger management including timely recognition of physical, psychological, and cognitive signs of anger, avoiding anger provoking situations and thoughts, practicing breathing exercises, listening to music, visualizing favorite places, and learning to express hostile emotions politely.



NIP faculty **Dr. Sobia Masood** participated as Psychology expert in a five-days (5<sup>th</sup> – 9<sup>th</sup> April, 2021) working group seminar on development of a training manual for 'Capacity Development of Disaster Management in Pakistan

Organized by **National Disaster Management Authority (NDMA)** in collaboration with **Japan International Cooperation Agency (JICA)**. She discussed about how psychosocial interventions before, during and after can be improved by capacity building of disaster management staff.

**Dr. Nelofar Kiran Rauf** was invited as a guest speaker by **Young Psychologists Association** to talk on Autism Spectrum Disorder. **Dr. Nelofar** Emphasized the understanding of Symptoms and management of disorder instead of stigmatizing individuals with Autism.



**Dr. Humaira Jami** delivered seminar on "Impact of COVID-19 pandemic on mental health: A gendered perspective" in **Foundation University, Islamabad** on 18th June 2021. She stressed that very little research regarding impact of pandemic

in context of gender is done in Pakistan, that needs attention of mental health service providers and researchers.



Talk, delivered by **Dr. Imran Bukhari** and Organized by **Students Psychological Society, Islamia Bahawalpur** on June 26, 2021 emphasized fulfilling material and spiritual needs and to maintain balance between soul and body.

*Reported by: NIP Faculty*

### Students' Corner

Women University Mardan organized "International Conference on 'Emerging Trends in Education and Social Sciences'" on 9th-10th June, 2021. Two Papers were presented in this conference. First paper titled "Parenting Styles as Predictors of Machiavellianism and Borderline Tendencies among University Students" was presented by **Iqra Rasheed, Dr. Aisha Zubair, Fatima Bibi, Qudisia Saeed, Shafqat Parveen, and Munazza Aslam**. Second paper titled "Academic Procrastination and Achievement Goal Orientation Among University Students: Moderating Role of Self-Regulation" was authored by **Munazza Aslam, Dr. Aisha Zubair, Qudisia Saeed, Fatima Bibi, Iqra Rasheed, and Shafqat Parveen**.

**Fatima Amir** and **Arooj Mujeeb** presented paper titled as "Body Comparison and Body Reated Teasing as Predictors of Inferiority Complex Among Young Adults" in 1<sup>st</sup> International Conference on Management and Social Science organized by **Lahore Garrison University** on June 17, 2021.



**6<sup>th</sup> National Pre – Placement Training** Held on June 12 – 20, 2021 at **Lahore School of Professional Studies (LSPS), University Of Lahore (UOL)** for which two students from NIP were nominated including **Qudisia Saeed** and **Maryam Naem**. Training focused on critical domains of diagnosis, management of the clients' disorders, and personality grooming.



NIP Student Club Elections 2021 were held on 20th April 2021 under supervision of Student Affairs Incharge, **Prof. Dr. Rubina Hanif**. **Dilawar Nawaz, Muhammad Zeeshan, Abdullah Sheikh, Syed Eice, and Fatima Adnan** won for the positions of President, Vice President, General Secretary, Finance Secretary, and Information Secretary, respectively.

*Reported by: Dr. Rubina Hanif*

### Community Engagement Webinars by NIP

Following NIP's legacy of contribution in community, following webinars were arranged on varying topics which were helpful for students as well as community at large:

#### Webinar on Pakistan Girl Guide Association and its Initiatives

Ms. Maria spoke in capacity of National Commissioner of Pakistan Girl Guide Association at National Headquarters on 6<sup>th</sup> April, 2021. In line with the vision of Quaid-i-Azam, the association is geared to provide girls and young women opportunities to develop and become confident, patriotic, and law abiding citizens of country capable of performing duties at home and at larger levels of community and country. She mentioned contribution of association in raising awareness about breast cancer, efforts for adult literacy, training others for income generation skills, child rights awareness, promotion of peace, emergency preparedness, environment education, and health awareness was also highlighted. Students really appreciated the work PGGA is doing and some also showed their willingness to be part of association.

#### Webinar on Role of Psychology in Special Education

Dr. Bushra Akram delivered an insightful online seminar on Role of Psychology in Special Education for the students of National Institute of Psychology on 20<sup>th</sup> April, 2021. Dr. Bushra specifically talked about working with Autism Spectrum Disorder, Intellectual Disabilities, and Attention Deficit Hyperactivity Disorder. She emphasized working on sensory impairment which are rarely considered a domain of affair by psychologist though they do have psychological issues that can be well handled by psychologists to make fully functioning individuals.

#### Webinar on Cognitive Behavior Therapy

Dr. Mamoona Ismail Loona (Assistant Professor at Department of Psychology, Islamic International University Islamabad) conducted a webinar on 26<sup>th</sup> April 2021 regarding the use of CBT (Cognitive Behavior Therapy) techniques for core beliefs, cognitive distortions, and negative automatic thoughts. She mentioned that positive thought pattern lead to positive experiences, moods, and behaviors. Whereas, contrary happens in the presence of negative thoughts which makes way to various kinds of cognitive distortions like personalization, overgeneralization, self-blame, should statements, and negative attributions.

#### Webinar on How to be More Effective and Productive Human



Ms. Shumaiza Rizwan (School Coordinator and PDSI Lead at Beacon House School System) delivered webinar on 4<sup>th</sup> May, 2021. Ms. Shumaiza explained in detail the seven paradigms propagated by Steven Covey that are supposed to lead people towards victory. These

paradigms included being proactive, begin with end in mind, put first thing first, think win-win, seek first to understand and then to be understood, synergy, and sharpen the saw. The presented theoretical knowledge was more impactful as it was complimented with daily life examples, current circumstances, practical experiences and above all the elaborations in the light of Hadith and Quranic Verses.

#### Webinar on Use of Measurement Tools: Validity and Reliability Issues

On May 18, 2021 Dr. Saima Ambreen (Assistant Professor at University of Baluchistan) delivered webinar on the use of measurement tools with reference to validity and reliability issues. Dr. Saima began with specifying what the measurement tools are and then proceeded with different kinds of misuses of these tools like excessive or unnecessary use of tools, inappropriate use of tools, and use of tests without proper training. She talked about seriousness in data collection process and how bias is induced in the measurement process. While explaining about controlling the bias, Dr. Saima thoroughly explained about both statistical and non-statistical approaches.

#### Webinar on Using Social Media Responsibility

It was June 8, 2021 when Dr. Waseen Fayyaz (Assistant Professor and Head of Psychology Department at Gordon College Rawalpindi) joined for webinar. He talked about necessity of social media and how social media, sometimes, plays its role in altering view points of the audience. He emphasized the need to use social media cautiously and that information on social media must be verified. He also provided with justified reasons about why shouldn't anyone use social media for ill will reasons

#### Webinar on Domestic Violence



On June 15, 2021 Dr. Sahira Zaman on Domestic Violence (Assistant Professor at University of the Punjab) delivered a webinar. Webinar focused on domestic violence and its types, vulnerable population, incidence of domestic violence is prevalent in patriarchal cultures, awareness regarding existing legislations, hurdles in the way of implementation of these laws and malpractices that exist on part of the attitude of law enforcing authorities.

*Reported by: Ms. Sara Imtiaz and Namood-e-Sahar*

## Featured Alumni Dr. Fauzia Khurshid



Dr. Fauzia Khurshid completed her MPhil psychology degree in 1991 from National Institute of Psychology, Quaid-i-Azam University Islamabad and developed her expertise in the field of applied psychology. She has been working under Directorate General of special education Punjab since 1989. In special education she worked at senior administrative position throughout her professional career. She has completed her PhD in 2008, she got opportunity to work as an Associate Professor in National University of Modern languages Islamabad (5 years on deputation). Her grip on applied psychology and experience in education settings, leading the establishment of Applied Psychology Department at NUML. She has vast experience of test development in the field of clinical Psychology, organizational behaviour and educational psychology. She has authored several books and her more than 85 papers published National and International Journals. She has been members of HEC NCRC Committee.

Dr. Fauzia Khurshid concentrates on providing career counseling to students and professionals for common difficulties and has considerable proficiency in managing learning difficulties of ADHD students. Currently she has been working for special education Department, as Head of Rawalpindi Division. During her stay at present posting, she has initiated establishment of 10 special education institutions including one degree college for special children in Rawalpindi Division. Through constant efforts she has arranged Land (Donation/ State) for the construction of almost 14 special education institutions of Rawalpindi Division. With her constant efforts (Under ADP schemes), 7 purposely built building for special children are almost completed, where special students can get education in disabled friendly environment. With the help of various NGOs she has also managed electric coolers and water filters for the provision of clean drinkable water in every special education institution of Rawalpindi Division. In collaboration of Various NGOs now she is focusing on vocational training (computer training) of special children.

*Reported by: Dr. Fauzia Khurshid*

## NIP 8<sup>th</sup> International Conference

**8<sup>th</sup> International Conference** 

Virtual Conference  
(October 19-20, 2021)

**"Mental Health & Productivity:  
The Emerging Challenges for Youth"**

**Call for Abstracts**  
Oral, Poster & symposium

**Deadline for Abstract Submission:  
Friday, 16 July, 2021**

**Last date for registration:  
Wednesday, 15 September, 2021**

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**8<sup>th</sup> International Conference** 

Virtual Conference  
(October 19-20, 2021)

**"Mental Health & Productivity:  
The Emerging Challenges for Youth"**

**Call For Pre Conference  
Workshop**

**For Details Visit  
Conference Website**

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### PhD Public Defense



PhD public defense of **Ms. Saima Kulsoom** was held on June 21, 2021 entitled "Multitasking, Gender Role Attitudes, Emotional Intelligence, and Marital Adjustment of Married Men and Women". The thesis was supervised by Dr. Anila Kamal.

PhD public defense of **Ms. Nadia Batool** was concluded on June 29, 2021. their PhD research title was "Personality Traits and Organizational Culture as Determinants of Positive Mental health: A Longitudinal Study" which was supervised by Dr. Rubina Hanif.

*Reported by: Ms. Arooj Mujeeb*