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In this Issue	
New Director Addressing Staff	1
PAF Workshops	2
Seminars	3
Pre-Conference Workshops	4
A User's Guide to Social Media Marketing	4
Stress Management	4
Enhancing Wellbeing	5
Emotional Intelligence	5
Caring for Self:	5
Unlocking Potential	6
Psychological First Aid	6
Mindfulness Exercises for Mental Health	6
Faculty Activities	7
Featured Alumni	8

New Director Addressing Staff



On 27th July, 2021; Prof. Dr. Rubina Hanif took charge as Director of National Institute of Psychology. She is the 7th director since establishment of the institute back in 1976. Her appointment was followed by a series of meetings with faculty and staff where she shared her vision and future work strategies. Her immediate focus is on improving the infrastructure of the institute, better facilitation for students in institute's premises, representation of institute's students and faculty at university and national level, better presence of institute's activities on all social media platforms, upgradation of institute's website and other social media platforms including NIP's Facebook, Instagram, and Twitter accounts, improvements in NIP Alumni Association's functions including allocation of Alumni room for all alumni association related activities as well as initiation of local/regional chapter of the association.

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Ex director of National Institute of Psychology; Prof Dr. Anila Kamal was appointed as the Vice Chancellor of Rawalpindi Women University in July, 2021. She was working as Director of NIP the for last 14 years. Her success was celebrated by NIP faculty over an official lunch where she was presented bouquet and gift.

Reported By. Arooj Mujeeb

PAF Workshops



The faculty of National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University Islamabad conducted a **training workshop on Soft Skills** for the officers of Pakistan Air Force on 27-30 July, 2021. The Workshop was organized by Mr. Tahir Ellahi under the leadership of NIP Director, Prof. Dr. Rubina Hanif. The workshop was part of the series of training workshops conducted by NIP in collaboration of Air Headquarters, Islamabad.



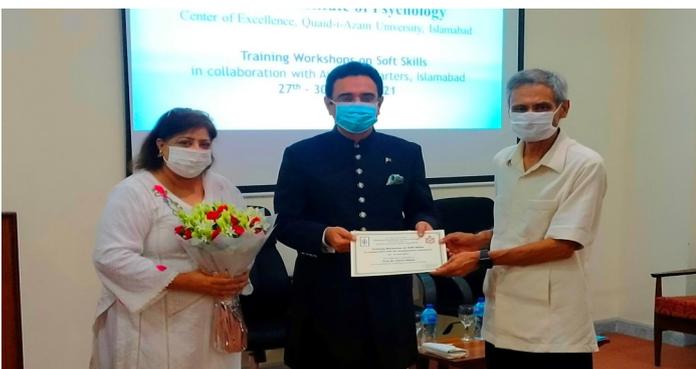
Another series of training workshops was conducted by the institute, in collaboration of Pakistan Air Force, Islamabad, titled **“Training on Test Development”** during September 13th–17th, 2021. Organizers of the workshop included Director NIP Prof. Dr. Rubina Hanif, Mr. Tahir Ellahi, and Ms. Raiha Aftab. Participants of the workshop included Wg Cdr, Flt Lt, as well as Flg Off working at varying selection centers of PAF. Entire NIP faculty participated in workshops as resource



The participants were Commanding Officer in numerous selection centers of Pakistan Air Force. The Resource Persons for the Workshop were Prof. Dr. Rubina Hanif, Prof. Dr. Tanvir Akhtar, Dr. Jamil A Malik, Dr. Sobia Masood, Dr. Humaira Jami, Dr. Irum Naqvi, Dr. Nelofar Kiran Rauf, Dr. Naeem Aslam, and Dr. Aisha Zubair. The Workshop was concluded with a certificate distribution ceremony, where Vice Chancellor, Quaid-i-Azam University, Islamabad, Prof. Dr. Muhammad Ali distributed certificates among the participants and resource persons of the workshops.



persons. The topics of the workshops included introduction of testing, types of various tests, testing in different settings, test construction process, item writing and its practicum, reliability, validity and its practicum, item analysis and its practicum, standardization and development of test norms, as well as writing technical manuals for the tests. A significant feature of this series of workshops was an emphasis on the practical work for which every session contained hands-on activities which assisted participants in comprehending the process of test development.



Reported by: Mr. Tahir Ellahi



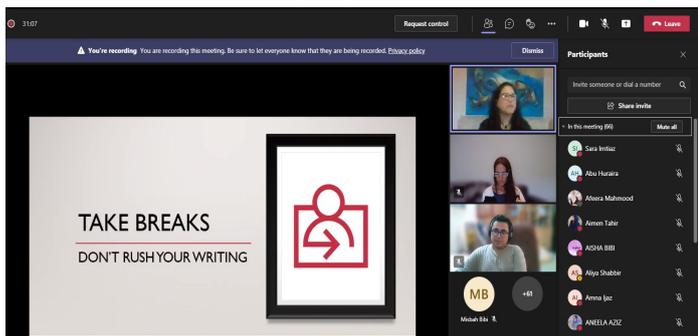
Reported by: Arooj Mujeeb

Seminars

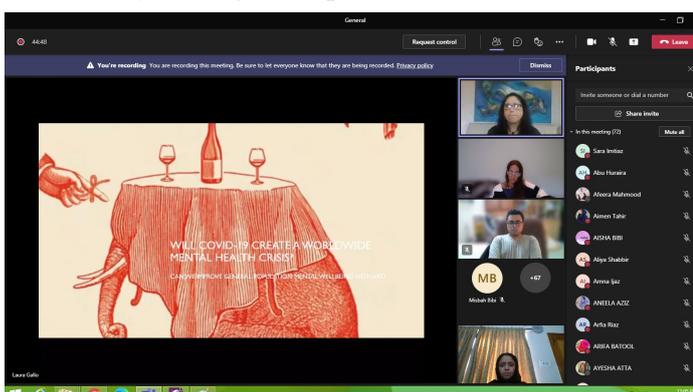
Reported By. Sara Imtiaz

Seminar on Opinion Articles: Overview and Advantages for First Time Publishing

On September 28, 2021 an online seminar was delivered by Ms. Laura Gallo who is working as Director of Marketing at Applied Neuroscience Association (ANA) and as Customer Relationship Management Executive at Page Group United Kingdom. She spoke about her experience of publishing an opinion article before doing a PhD. Ms. Laura shared that opinion articles provide your insight to the research work. It can be taken as an avenue to share new perspectives for future research.



While mentioning the things to consider while writing opinion articles, the first and foremost thing that was highlighted was to pursue your interests as with any kind of research since the process is time consuming. Special care should be taken to choose the journal, which is the first step even before writing. The format of the journal is to be followed considering the length, structure, and the like. She also highlighted the importance of taking breaks in between and that one should never rush toward writing. Having in hand all the ideas, all the feedback, there is a need to give room for incubation. Last but not least one should not give up, it is really an exercise of resilience where at many instances one gets stuck up at different points with thoughts popping up like 'I have no ideas'. In such a scenario, it is important not to fall into the trap of self-inner critic. At the end Ms. Laura took a few questions from the audience. Ms. Laura was thanked for enlightening the audience by sharing her experiences.



Seminar on Managing Autism Spectrum Disorder



On September 21, 2021 an online seminar was delivered by Managing Director PAHSRF Maj. Syed Azhar Shah (Rtd.). Maj. Azhar and CEO PAHSRF Ms. Sana Azhar are proud parents of a son with Autism and two daughters with Asperger's Syndrome. Different parenting demands of parents of children with special needs and scarce facilitation at every level of service motivated both the parents to work for generating awareness about Autism Spectrum Disorder (ASD). Pakistan Autism Health Sciences and Research Foundation was established in 2017 to fulfill this very aim. The seminar was based on two parts where the audience were told about what autism is and what areas of functioning are different among autistic individuals than non-autistic individuals. The second part covered initiatives taken by PAHSRF to address the issue at hand. It was shared that no two individuals with autism are alike, the manifestation of specific features is different among different individuals, prominent ones being repetitive behaviors and sensory issues. It was shared that it would not be wrong to say that brain wiring of individuals with Autism is different. This is the very reason that their affective, behavioral, and cognitive functioning are very different from normal individuals. In a family if one child is autistic, it increases the tendency for other siblings to have the problem. Though the condition is mostly there from birth but few may develop it over the course of their lives. About PAHSRF, it was shared that this initiative was taken up to turn down the stigmatization against individuals having ASD. The aim was to equip these individuals with various self-help skills so as to make them contributing members of the society. Certified training given to parents, teachers, and the Autistic individuals are also part of various endeavors being executed by PAHSRF. Collaborative efforts are also being done by joining hands with other institutes and organizations. The initiatives taken by PAHSRF includes reaching out to individuals with disability within the country and bringing in the expertise from the international front to facilitate groundwork being done for individuals with ASD and those linked to them.

Pre-Conference Workshops

A User's Guide to Social Media Marketing
9th July, 2021



The first pre-conference workshop was successfully conducted by Laiba Ashraf (Social Media Director and Vice President of Young Psychological Association, Writer, and Psychologist). This workshop highlighted the step by step procedure of social media marketing starting from how to launch product in market through social media, finding out target audience for content sharing, finding appropriate platforms to share brand, publicizing the brand, business advertising, generating result charts and focusing on techniques or tricks related to it to market the product/business without spending money.

persons at the end of the workshop.



Reported By: Ms. Arooj Mujeeb

Stress Management
26th August, 2021



The second pre-conference workshop was successfully conducted by Dr. Raazia Bukhari (Assistant Professor/ Clinical Psychologist at SAZBIST, Islamabad). The workshop highlighted the step by step procedure of Stress Management, starting from defining stress and how to manage stress through different activity based techniques like daily mood charts, automatic thought record, decatastrophising and behavioral experiments. She provided the attendees with comprehensive procedures about how to overcome stress during Covid 19 situation. A helpful step by step guide on stress caused by social media through facebook, instagram and twitter was provided, along with how social media helped people during quarantine to overcome their pandemic stress. Different yoga and meditation techniques were shared via video clips. Along with this attendees also performed various mind and body relaxation techniques. Director NIP, Prof. Dr. Rubina Hanif, thanked participants and resource person at the end of workshop and distributes certificates.

Reported By: Ms. Arooj Mujeeb



The second half of the workshop was conducted by Fareed Ahmed (President and Director of Young Psychological Association) whose focus was on practical implementation of previously learned knowledge. He provided the attendees with step by step procedure about social media marketing through Facebook, WhatsApp, Twitter, and Instagram accounts. A helpful step by step guide to media marketing was provided, along with detailed social media app usage guidance. Director, Prof. Dr. Anila Kamal thanked participants and resource

NIP Activities

Enhancing Wellbeing: Learning Basic Counseling Skills 3rd September, 2021



A one-day training workshop was delivered by Ms. Saira Khan on basic self-awareness for counseling skills like listening, rephrasing and the art of questioning. The workshop was attended by upcoming psychologists and professionals from the field of psychology and related disciplines. It was relevant to those who are seeking to enhance their interpersonal skills and develop a basic understanding of counseling process.

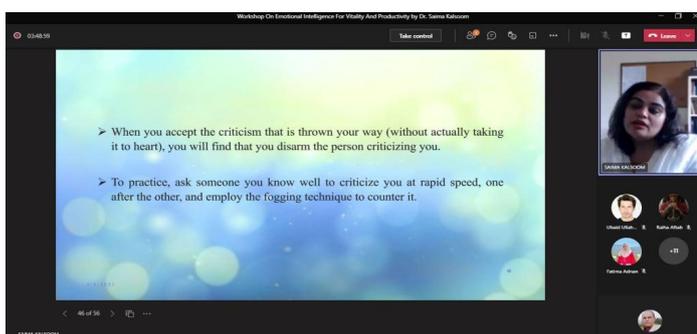


The workshop overall focused on communication skills, counseling skills and skills that are needed to prepare participants for developing a basic understanding of a counseling session. The participant learned about and practice interpersonal and counseling skills.

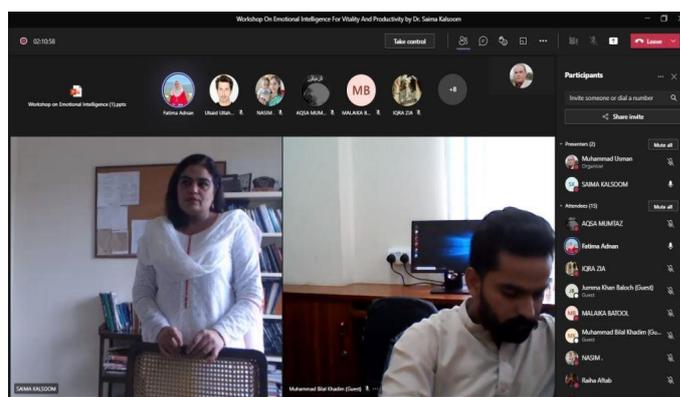
Reported By: Ms. Raiha Aftab

Emotional Intelligence for Vitality and Productivity 8th September, 2021

The workshop focused on understanding our emotions and making use of optimum intelligence for maintaining our own emotions and those of others. The workshop



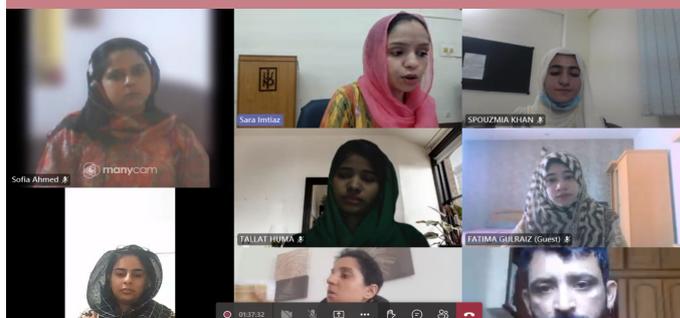
elaborated upon the personal autonomy in maintaining our emotional health highlighted though different exercises how it is impossible to separate our feelings from our thoughts. The workshop presenter also highlighted how the brain is wired to make our emotions an essential part of who we are. We all feel excitement, fear, anger, joy, shock, concern, and thousands of other feelings. And those feelings affect all of our thoughts and actions, every day. Being self-aware is the



key to understanding emotions. Some people can't see it; they try to avoid their emotions. They suppress them, ignore them, and avoid them. And this is why they will stall in their work, their personal relationships, and their lives. And others think they know themselves better than anybody and refuse to take anybody's suggestions to make themselves more emotionally intelligent. They are likely to be alienated. Self-awareness is where EI begins. The workshop also focused on the ability model of EI. Self-direction is about taking control of what goes on in your head. The workshop highlighted that interpersonal savvy individuals take time to know themselves and others.

Reported By: Ms. Raiha Aftab

Caring for Self: A Guide to Physical, Psychological, Spiritual Health 10th September, 2021



One day workshop on the care of self was conducted at National institute of psychology. The presenter was Ms. Sara Imtiaz on the 10th of September 2021. The workshop discussed important aspects that are needed to take care of one's emotional, physical and mental

NIP Activities

health. The workshop highlighted the idea that self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of oneself so that everybody can be healthy and performs our duties well. It can also help care for others. In short it can help us do anything to accomplish our goals and accomplish a lot in a day. Self-care is part of the answer to how we can all better cope with daily stressors. Activities were conducted during the activity to highlight the ways participants could improve self-care routines for physical, mental and psychological health.

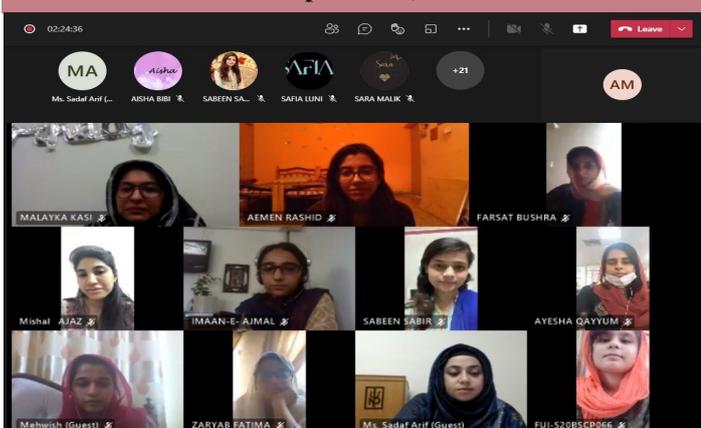
Reported By. Raiha Aftab

Unlocking Potential through Psychological Intervention 20th September, 2021

Workshop titled “Unlocking Potential through Psychological Interventions” was conducted by Dr. Uzma Masroor at National Institute of Psychology on September 20th, 2021. The workshop received an overwhelming response from professionals of the field and students. Workshop included extensive activities on identification of the problem, goal setting for that problem, and application of intervention in order to overcome the problems to acquire full potential. Dr. Uzma Masroor performed various imaginary and self-hypnosis exercises. Workshop ended with distribution of certificates and a group photo.

Reported By. Arooj Mujeeb

Psychological First Aid and History Taking Skills from Patients 23rd September, 2021



Virtual workshop titled “Psychological First Aid and History Taking from Patients” was conducted by Ms. Sadaf Arif on September 23rd, 2021. The major focus of the workshop was to train the students who aspire to work in the field of clinical psychology. Workshop included extensive content starting from introducing oneself to patients till terminating the history taking sessions, communication skills, addressing linguistic barriers during sessions, mental status examination, and addressing ethical considerations.

Training used variety of methods of learning including videos, quizzes, and role plays.

Reported By. Arooj Mujeeb

Mindfulness Exercises for Mental Health: Role of Mindful Meditation, Sufi Meditation, Tai Chi, and Mindful Breathing 20th September, 2021



An elaborative virtual training workshop on mediation technique titled “Role of Mindful Meditation, Sufi Meditation, Tai Chi, and Mindful Breathing” was conducted on September 30th, 2021 by prestigious resource person Haider Ali Shishmahal who is a former Fulbright scholar from Harvard university. Workshop was attended by students and professionals. Multiple techniques were performed by the resource person. During the second session, resource person performed meditation technique of Tai Chi which was quite inspiring for all the participants.

Reported By. Arooj Mujeeb

Faculty Activities

Prevention of Cyberbullying Perpetration and Victimization



A three-days free training workshop (7th – 9th July, 2021) was organized in Islamic International University (IIU; Female Campus) titled as “Prevention of Cyberbullying Perpetration and Victimization” for adolescents under NRPUR research project (10368) “Preventing Cyberbullying Perpetration and Victimization Among Adolescents: Cyber Law Awareness, Internet Self-Efficacy, and Online Lifestyle in Perspective” of HEC. Dr. Humaira Jami (Assistant Prof., PI) and Dr. Sobia Masood (Assistant Prof., Co-PI) acted as resource persons and organizers of the Workshop.

NIP Activities



Dr. Nazia Iqbal (Chairperson, Department of Psychology, IIU), Ms. Sidra Iqbal (MPhil Scholar, Research Assistant NIP), Ms. Hira Kanwal (Subject Specialist), Ms. Ghazala and Ms. Shaista (Lecturers in IIU) assisted in executing the workshop as organizing committee members. Thirty students (BS -2) registered for the workshop and participated in all activities with great enthusiasm and zest. Workshop was held in Main Library of the University (9:00 a.m. to 3:00 p.m.). In the very first session of workshop, participants were given an opportunity to know each other and the resource persons through various ice-breaking activities. Other than ice-breaking, there were three sessions each spanning over three days to impart training in how to control online risky behaviors, increase internet self-efficacy, and increase awareness of cyber law. Use of animated videos, interactive group activities, hands-on practice on privacy and security for popular social media apps, and brainstorming sessions kept the participants engaged. Students learned about their legal rights and steps that should be taken in case of cyberbullying victimization and other cybercrimes. A number of platforms (Government and Non-government) were introduced where one can go and seek help in case of cyberbullying victimization. Training program was also aimed to create awareness for the students and faculty who were not the part of 3 days' workshops. So, posters were displayed on notice boards of the university campus to raise awareness within the institute. Students were also provided with brochures for parental awareness to encourage parents to be aware about their children's internet use and lend them the emotional and legal help in case of cyberbullying. A short certificate distribution ceremony was honoured by the Dean.

Psychological Expert in Shahrah-e-Dastoor: A PTV News Programme on Increased Incidences of Crime

Dr. Humaira Jami (Assistant Professor) was invited as psychological expert in Shahrah-e-Dastoor, a live programme of PTV News on 30th July 2021 to discuss increase in criminal activities and deteriorated law and order situation in Pakistan and more specifically in the

Capital city. She discussed the matter in hand in psycho-social context and highlighted that making laws are not that important than implementation of law. Increased incidences of crime is not associated with any class rather it is more of a power game that is witnessed in the latest cases observed in the Capital city. Celerity, certainty, and severity of punishment are must to control crimes especially that are perpetrated against women.

Psychological Expert in 45 Minutes with Naheed Chaudhry: A PTV News Programme on Bill Against Child Abuse and Punishment

Dr. Humaira Jami (Assistant Professor) was invited as psychological expert in 45 Minutes with Naheed Chaudhry (Anchor) of PTV News on 9th October 2021 to discuss significance and implementation of recently passed Bill Against Child Abuse and Punishment by Senate. She affirmed the importance of the bill if implemented with full force otherwise Pakistan has many other attractive laws and bills that only exist but have never been implemented. She discussed the impact of punishment and abuse on mental health of children in educational settings. She stressed upon training of teachers in classroom management techniques so that they could use these techniques to handle disruptive behaviours effectively in classroom setting. Unfortunately, most of our teachers use punishment and other punitive methods that they have been experiencing themselves or have learnt as only way of handling child behaviour in educational setting.

Keynote Lecture on COVID to Post COVID Transformation



Prof. Dr. Rubian Hanif was invited as a keynote speaker in 7th International ACSC Conference. The title of the conference was "Research in Social Sciences: COVID to Post COVID Transformation".

She specifically talked about the overall impact of COVID-19, role of social scientists in emerging social, health, and economic situations, research published on impacts of COVID-19, possible hazards in research process, as well as future directions. Her keynote address focused on the digitalization and usage of technology and its impacts on distraction and learning hindrances. Moreover, she also addressed the problems economy related issues, unavailability of resources, and inflation during COVID-19 which adversely affected the lives of common individuals.

Featured Alumni

Dr. Ansa Riaz



Ms. Ansa Riaz has a career of over 15 years in the development sector of Pakistan, where she has pursued her passion to alleviate some of the persistent socio-economic challenges in the country. Working in the development sector has given her ample opportunities to further the betterment in the lives of a diverse and deprived

cross-section of society. Throughout her career, she has worked with several national and international non-government organizations (NGOs). Her first engagement was with the United Nations Human Commission on Refugees (UNHCR), working on an Afghan refugee project in which she helped women war survivors cope with emotional and physical trauma caused by the war. Following that, she worked with Plan Pakistan, where she supported several young girls who has dropped out of school and were beyond school-going age, to finally pursue their dreams of getting educated. While working with the Human Development Foundation (HDF), she served as a Monitoring and Evaluation (M&E) officer. She supported the team to build an efficient and effective M&E system for the organization and through multiple research projects (monitoring and impact evaluations), allowed the organization to improve its performance.

However, her journey of serving her country continued and with the National Rural Support Program (NRSP), she assisted the organization to achieve its targets related to the economic empowerment of street children's families. This project was implemented in collaboration with the Child Protection Bureau of Punjab to provide skills to female street children so they could earn to support their families.

Ms. Ansa also played a significant role as a Grant Officer with USAID. She facilitated more than 40 national and local level organizations to qualify for grants to enhance their capacity to execute development projects. Ms. Ansa also facilitated them to implement innovative projects such as Tele-Health and E-learning, as well as projects on climate change, wildlife conservation (blind Indus River dolphin), women empowerment, and preservation of heritage across Pakistan.

Ms. Ansa also got the opportunity to use her love for reading and its impact on children's academic and personal development when she joined the International Rescue Committee (IRC), to implement USAID's flagship Pakistan Reading Project (PRP). As a Senior Program Officer, she ensured the successful implementation of the Mobile Bus Library (MBL) programme in two regions of Islamabad and Sindh. In

total, 200 public sector schools were served, and the project increased the significance of reading for students' personal and academic growth. She, then, joined the United Nations Development Program (UNDP), working as an M&E analyst. With the UNDP, she worked on the Sustainable Development Goals (SDGs) while being seconded to the Ministry of Planning Development and Special Initiatives (MoPDSI).

To further augment her qualifications and skills, Ms. Ansa qualified for the Australia Awards scholarship to pursue her master's degree in Australia. She acquired a master's degree in Development Studies from the University of Melbourne. While studying in Australia, she remained active in co-curricular activities and served as the Social Media Officer for Australia Awards Scholar Club (AASC) and as a member of Melbourne University Pakistani Society (MUPS) where she helped to connect Pakistani students in the University by arranging multiple events.

She also has an M.Phil. in Public Health and she possesses passion for teaching and recently joined the Pir Mehar Ali Shah (PMAS) Arid Agriculture University to teach development course to students of M.Sc. Anthropology on a part-time basis.

However, this journey, which started after spending two amazing years at the National Institute of Psychology (QAU) is still going. Presently Ms. Ansa is again affiliated with the UNDP and working as an M&E Officer to improve disaster risk planning and management of the national and provincial public sector organizations of Pakistan. She considers herself a proud Alumni of NIP, where she increased her knowledge, and confidence, and a thirst for excellence. We wish her all the best for her plans including the one to establish community libraries for children.

Alumni Success Story

Ms. Dania Javed

NIP Alumni Ms. Dania Javed has made a remarkable achievement by participating and selected as "the best delegate" in the Global Online Youth Summit (GOYES) 2021. The Summit focused on the "Sustainable Development Goals (SDG) where the focus was on goal of achieving quality education adopted by United Nations for peaceful and prosperous future. Ms. Dania Javed's proposal was to inculcate mental health education in the education system in response to the call for sustainable solutions to the problems faced by the education system globally which was appreciated by the delegates. She was selected among the 200 delegates from more than 60 countries with 1033 participants. NIP congratulates her and wishes her good luck for her future endeavors.

