



# NIP Newsletter

Issue No. 4. Vol. 41— Oct– Dec, 2022

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## Faculty Participation in Academic Activities

The quarter October–December was the most active and vibrant quarter for National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad in which faculty of the institute actively participated in diverse activities and institute hosted many successful events.



Dr. Imran Bukhari, Assistant Professor at National Institute of Psychology, Quaid-i-Azam University, Islamabad, delivered a seminar on the Role of Emotional Intelligence in dealing with Adolescent Issues at National University of Medical Sciences (NUMS) on 28th of

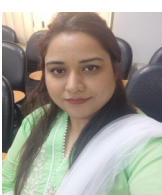
December, 2022. Participants of the seminar included faculty members and the students of NUMS. Dr. Imran highlighted the issues and challenges of adolescents and also highlighted the role of parents, teachers and peers in influencing (positively or negatively) adolescents. He emphasized that teachers and parents must adopt the role of facilitators, to help adolescents deal with their developmental challenges and milestones. He also emphasized that adolescents should also search for some positive meanings in all their developmental challenges. He also explained emotional intelligence and its role in life success. He emphasized that adolescents should proactively learn to control and regulate their emotional challenges intelligently.

Director, Prof. Dr. Rubina Hanif delivered keynote lecture on December 22, 2022 in 2<sup>nd</sup> International Conference on Social Sciences and Information Technology (ICoSS&IT-22). The conference was arranged by Govt. Sadiq College Women University Bahawalpur. The conference was in hybrid mode and Director joined the conference online. Topic of her keynote lecture was

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## Faculty Activities

Digital Transformation and Higher Education: Reconceptualization of Learning and Teaching Skills in which she emphasized the incorporation and learning of technology, after COVID-19, for pursuing educational objectives. She also pointed towards reconceptualization of curriculum content to make it better fitted with educational challenges of the modern era.

## Seminar on Inclusion and Acceptance



Dr. Imran Bukhari, Assistant Professor (National Institute of Psychology), participated in a seminar about transgender issues and their solutions organized by Jamat-e-Islami. This seminar included participants from different religious and academic institutions. Dr. Imran Bukhari highlighted the history of transgender community and elaborated the reasons for the exclusion of transgenders from the mainstream. He emphasized that society must accept its collective sin to exclude intersex from the mainstream that culminated, over a period of centuries, into the emergence of new classification system, based on gender. He opposed the classification system based on gender and emphasized that natural system of classification is based on sex. He provided the forum with research evidences in support of his argument. He emphasized that societies should correct their original sin of excluding intersex from the mainstream. He also talked about the weakness of arguments in support of classification, based on gender. He reasoned that exclusion of any group from the mainstream imparts certain psychological implications on the people of that minority group that results into the development of a social norm and a value structure, that is different from the mainstream. He emphasized the need of a collective effort to include the intersex into the mainstream, either male or female, on the basis of other sex related attributes and to look deeper into the myths surrounding transgender community.

## Hometown Community Foundation's National Conference on Drug Addiction



National Institute of Psychology participated in National Conference, held by Hometown Community Foundation on December 18<sup>th</sup>, 2023 as a collaborator. The core Theme of the National Conference was Addressing Mental Health and Addiction with Policymakers and Stakeholders. Director NIP, Prof. Dr. Rubina Hanif was invited as the Chief Guest and was accompanied by faculty members and students. In her speech, she discussed psychological, social, physical, and spiritual factors which may lead to drug addiction and invited all the stakeholders to join hands through platform of NIP. Ms. Arooj Mujeeb (Research Associate cum Lecturer) moderated two sessions in the conference including session with physicians and psychiatrists and other session with media persons and journalists.



## 2<sup>nd</sup> International Conference on "Collaborative Partnerships in Strengthening Social Sciences: Addressing Indigenous & Global Challenges"



Director and faculty of National Institute of Psychology participated in 2<sup>nd</sup> International Conference titled "Collaborative Partnerships in Strengthening Social Sciences: Addressing Indigenous & Global Challenges" on December 15, 2022. National Institute of psychology actively participated during entire conference in which Director NIP delivered a keynote lecture on "Reconceptualization of Curriculum for a



Digital Future: Indigenous Challenges and Opportunities”. Institute also presented a symposium in the conference and the theme of the symposium was “Implications of Educational Psychology in Higher Education: Opportunities and Challenges”.



Symposium was chaired by Prof Dr. Rubina Hanif and Brig. Dr. Shoaib Kiani. Dr. Nelofer Kiran Rauf was the keynote speaker who highlighted

the implication of educational psychology in current era. Eight research papers were presented in the symposium. These researches were supervised by Prof. Dr. Rubina Hanif, Dr. Nelofar Kiran Rauf, Dr. Irum Naqvi, Dr. Naeem Aslam, Dr. Sobia Masood, Ms. Raiha Aftab, Ms. Sara Imtiaz, and Ms. Arooj Mujeeb. The spectrum of the topics included cultural shock with reference to ethnicity, psychological issues of students particularly the ones faced by students during COVID-19, case study on experiences of violence at university campuses, and self-generated stress in competitive exams aspirants.



For this conference Kainat Latif (Mphil scholar) Dr. Aisha Zubair, Dua Tanveer, Samiya Ashraf and Tayyabah Yaseen presented their paper on

“Locus of Control and Online Truancy Among University Students: Moderating Role of Perceived Teacher Efficacy” on second day of the conference. Preceding to the conference, Dr. Aneela Maqsood from Fatima Jinnah Women University conducted a series of workshops on curriculum development for capacity building of the faculty from all over Pakistan. Faculty members from various departments and institutes of Quaid-i-Azam University (Sociology, Psychology, Gender Studies, Anthropology) took part in the said workshops. The final evaluation workshop was conducted on third day of the conference in which Ms. Arooj Mujeeb represented Quaid-i-Azam University

as focal person and successfully completed the workshop.



**2<sup>nd</sup> International Conference on “Contemporary Gender Issues: Challenges and Opportunities”**

In University of the Punjab, Department of Gender Studies held 2<sup>nd</sup> International Conference on “Contemporary Gender Issues: Challenges and Opportunities” on 16<sup>th</sup> – 17<sup>th</sup> December 2022. For this conference Kainat Latif (MPhil Scholar), Dr. Aisha Zubair, Dua Tanveer and Samiya Ashraf presented their paper on “Gender Differences in psychological capital and reasons for online truancy among university students: mediating role of academic commitment”. Also, Samiya Ashraf (MPhil Scholar), Dr. Aisha Zubair, Dua Tanveer and Kainat Latif presented their paper on “Impact of Fatigue on Post-Pandemic Psychosocial Health Among Female Covid-19 Survivors: Moderating Role of Social Support”. Paper presented by both the Mphil Scholars was appreciated by the judges as they were thorough and well put together.

**Training Workshop for Islamabad Medical and Dental College**



On December 12, 2022, Director National Institute of Psychology, Prof. Dr. Rubina Hanif delivered a training workshop for Islamabad Medical and Dental College. The focus of the workshop was to teach the employees to assess personality through interviews, and without using any personality related questionnaire. Thus, the training was conducted on usage of “The Multiple Mini Interview (MMI)”. Workshop was appreciated by all the participants and MMI was

## Faculty Activities

considered a valuable tool for health practitioners who need to work with patients with varying demographics which makes it impossible to use questionnaires sometimes.

### International Conference on Contemporary Issues in Sociology & Public Health



Nurmeen Niazi (MPhil Scholar) and Dr. Aisha Zubair's paper on "Vicarious Traumatization and Caregiver Burden Among Caregivers: Moderating Role of Financial Distress and Family Support" was presented to the audience at the "International Conference on Contemporary Issues in Sociology & Public Health" held on 26<sup>th</sup>-27<sup>th</sup> November 2022. The audience was very engaged with the presentation and asked thought-provoking questions throughout the whole session.

### 2<sup>nd</sup> International Conference on "Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies"



On November 22 and 23, Islamia University of Bahawalpur arranged its 2<sup>nd</sup> International Conference titled "Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies". Director, Prof. Dr. Rubina Hanif and Ms. Raiha Aftab attended the conference. Prof. Dr. Rubina Hanif was invited as keynote speaker as well as panelist for the panel discussion. Ms. Raiha Aftab was invited as the session chair. Panel discussion was based on mental health problems of youth in which Prof. Dr. Rubina Hanif highlighted the sustainable solutions and

remedies for youth with respect to their education and social life.

### Parenting Resources for Families Affected by Flood

In response to the devastating floods in Pakistan, the National Institute of Psychology (NIP), in collaboration with the **Parenting for Lifelong Health (PLH)** team at **University of Oxford** have prepared evidence-based parenting tips to support families impacted by the ongoing floods in Pakistan. World Health Organization, UNICEF, the Global Initiative to Support Parents, and Shauoor Welfare Organization are also among the partners. These tips are available in **English, Urdu, Sindhi, Punjabi, Saraiki, Pushto, Balochi, and Hindko**. They offer practical ways in which parents can help themselves and their children cope during the current crisis. All the tips are available in PDF format and are open source to allow sharing on a wider scale. Find the tips here: <https://pakistanparenting.web.ox.ac.uk>.

*Dr. Sobia Masood is working as a Team Lead from NIP along with a group of volunteer students. The team is currently adapting these tips to different audio-visual formats.*

### USEFP Workshops Conducted by NIP

National Institute of Psychology hosted a series of workshops based on its research project titled "Evidence-Based Interventions for Student Violence in Public Sector Universities in Islamabad". The series of workshops was conducted between August and October with students, teachers, and parents. The final workshop of the series, with students, was conducted between 20-22 October, 2022.



The motive of the training workshops was to expand the spectrum of training and impact in public universities by including more students.

Around sixty students took part in this second series of workshops including students from various departments and institutes of Quaid-i-Azam University, COMSATS University, National University for Modern Languages,



International Islamic University Islamabad, and Air University. Students were intensely involved in hands-on activities and group discussions to fully internalize the objectives of the training sessions that is; development of soft skills to counter violence in public universities.



Social Intelligence, Self-Mastery, Goal Setting, Critical Thinking, Promoting Safe Climate, Conflict Management, Psycho-social Safety Toolkit, Diversity and Inclusion, as well as Ethics, Values, and Morality were the prime areas of training. During the sessions, students were motivated to represent their respective institutions for a formal dissemination of objectives of training for which they were selected.

Afternoon of October 22<sup>nd</sup>, 2022 brought about delight of successful completion of final phase of the project “Evidence-Based Interventions for Students Violence in Public Sector Universities in Islamabad”.



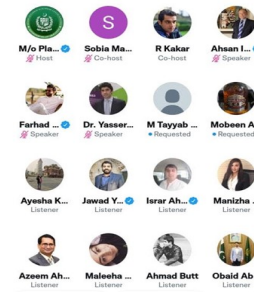
Dean Social Sciences, Quaid-i-Azam University, Dr. Muhammad Idrees, graced the occasion with his presence. Dr. Nelofar Kiran Rauf hosted the closing ceremony. Prof. Dr. Rubina Hanif presented her welcome note in which appreciated the entire team of project for their enthusiasm for the project, students for their three-day dedication for learning, and Dr. Idrees for their presence and immense support for creative and constructive initiatives of Director, Prof. Dr. Rubina Hanif. Peace ambassadors, selected during previous training workshops, were also invited to the event. Ms. Arooj Mujeeb presented the detailed community action plans of ambassadors, appreciated their efforts, and assured the supervision of their proposed community action plans by team members of USEFP project. Additionally, new ambassadors were also announced and their brief



credentials were presented for audience. Finally, certificates were distributed among all participants of training workshop.

**Twitter Space Discussion on Mental Health**

Prioritising #MentalHealth and #WellBeing in #Pakistan



On 11 October, 2022, Dr. Sobia Masood co-hosted a Twitter space discussion on the Prioritising Mental Health and Well Being in Pakistan. Guests of Honour were Planning Minister Ahsan Iqbal, Minister Health Balochistan Syed Ehsan Shah, Mr. Murad M Khan Prof Emeritus, Agha Khan University and Dr Asma Humayun. In this discussion, guests highlighted the mental health situation in Pakistan after the flood. Planning Minister Ahsan Iqbal talked about the mental health issues in Pakistan. Moreover, He talked about initiatives taken by Government to improve mental health and wellbeing after flood.

**Completion of Post-Doctorate of Dr. Humaira Jami Under Fulbright Fellowship**



Dr. Humaira Jami (Assistant Professor) is a social scientist who has recently completed her Post-Doctorate under Fulbright Visiting Scholar

Program 2021 -2022 from University of Nebraska Omaha (UNO), USA. It is a matter of great pride for NIP and QAU that she was among 12 Fellows from Pakistan who had a privilege to earn and complete this prestigious Fellowship. Her research project in Fellowship was an intervention-based study focused on imparting training to medical students in Pakistan about health issues of transwomen (male-to-female transgender people) and how to address those. She developed an online training



## NIP Seminars

in collaboration with expert health providers and social scientists in USA and Pakistan. Main aim was to address gender disparities that marginalized and stigmatized communities face in health settings and promoting more tolerance and inclusivity among health providers in Pakistan.



During her stay at UNO, USA she represented Pakistan at various forum.

This includes cultural events as die-hard Pakistani and in

international conferences as professional researcher from Pakistan. She, along with her co-researchers in USA and Pakistan, presented in Gender Equity Conference: Restorative Justice and the Intersections of Gender Identity (November 16, 2022) organized by University of Nebraska Lincoln, USA; 3<sup>rd</sup> International Conference of Transgender Healthcare (Oct 28-29, 2022) organized by Association of Transgender Health in India; 27<sup>th</sup> Scientific Symposium (Sep 16-20, 2022) organized by World Professional Association of Transgender Health, Canada; Race, Religion, and Social Justice Conference (June 9, 2022) organized by Department of Religious Studies, UNO and Tri-Faith Initiative, USA. She also got actively engaged as guest speaker in rotation hours and grand round with doctors and medical students in University of Nebraska Medical Center (UNMC) in context of promoting cultural competence of health providers in USA regarding gender and sexual issues and status and condition of gender diverse people from Pakistan. Congratulations once again!

### Mental Health Talk on Tolerance, Incivility, Communication, and Time Management



The seminar was organized keeping in view the need to provide students with a forum to bring in their problems. This talk was

focused on the issues of tolerance, incivility, communication, and time management. Director Institute Prof. Dr. Rubina Hanif highlighted how revealing about mental health issues has been stigmatized from the earlier times which is the very reason that these issues are not openly talked about.

About dealing with mental health issues, she mentioned the importance of self-assessment, flexibility and objectiveness in interpreting the life events, and taking



multiple perspectives. Dr. Imran Bukhari explained the notion of tolerance from sociological standpoint and emphasized about extremist literature and adopting a dispositional style of

attribution that makes way to generating intolerance within our society. Dr. Nelofar Rauf further talked about accepting diversity to overcome intolerance. In order to highlight its significance, she mentioned that acceptance of diversity is something that is adopted worldwide by different organizations so as to enhance productivity.

Ms. Raiha Aftab talked about how our behaviors become uncivil. These include those behaviors where one becomes violent. This happens



because one thinks that his/her rights are not provided or there is perceived injustice or perceived isolation. In order to stay away from such behaviors she mentioned about trying to understand the context of the situations.



Dr. Sobia Masood helped the audience understand about important aspects of communication. In addition to verbal and non-verbal

behaviors, Dr. Sobia mentioned listening to be important part of communication and importance



becoming active listener. Verbal communication was explained in terms of different styles of communication. Adopting assertiveness in communication was required for having better communication by serving both parties involved. Ms. Riffat Zahir talked about time management. She said that from among the too many tasks at hand one has to decide and set priorities for doing different tasks. If one actively specifies the hurdles that are keeping various tasks undone one is in better position to manage doing those tasks. Therefore identification of distractions is important. Dr. Naeem Aslam discussed that how Mental Health is not just absence of disease. It has close ties to one's physical health which can be attained by proper diet, doing exercise, and getting proper sleep. For attaining Mental Health he shared that how important it is to consume mental candies which can be reading a good book for one person or spending time with nature for another.

After the overview of different domains NIP students actively discussed about the confronted problems which were adequately addressed by faculty members. One of the students appraised organizing Mental Health Talk for students where students can have a different exposure than class room settings and where students can put forth their issues to be addressed by the experts. In the end, discussion was concluded on a note that mental health issues are real, not fake. Removing stigma from it should be our focus so that these issues can be brought under discussion in order to deal them in an adequate manner.



particularly focusing on collecting blood donations, conducting relief activities in flood affected areas, helping orphans, and raising awareness on breast cancer. Dr. Bazila, a neurosurgeon by profession, talked about medical side of the picture. She shared that being woman, older (55 year or more), having family history, obese, heavy drinking, and high breast density are seen to increase risk for breast cancer; guided for breast examination and talked about diagnostic tools.

Dr. Maryam, a dietician by profession, discussed that use of alcohol, red meat, processed meat, high fat food, sugar rich food, diet soda and energy dense food increases the chances of developing cancer. She mentioned



that deficiency of vitamin D, C & E, Selenium, Zinc, and carotenoids are often linked to cancer. Recommendations put forth by Dr. Maryam included consumption of organic food, green vegetables and citrus fruits and curtailing high fat food can be helpful.



She concluded that nutritious food can help in prevention and can improve survival after diagnosis. In the end Ms.

Riffat Zahir thanked the whole team of Acts of Kindness on behalf of Prof. Dr. Rubina Hanif, Director NIP. The activity ended with presenting certificates to both the speakers of seminar.

**Seminar on Breast Cancer Awareness**



On the initiative taken by Acts of Kindness, a seminar was organized in order to generate awareness about the issue of breast cancer. In the beginning, the CEO Mr. Ateeq Afridi introduced his organization and shared that his organization is just trying to practice kindness for various marginalized social segments and

**Seminar on Climate Change and Pakistan in the Age of Adaptation**



National Institute of Psychology organized a Seminar on Climate Change and Pakistan in the Age of Adaptation on 10th November, 2022 in the earth sciences auditorium. This seminar was

delivered by Prof. Dr. Adil Najam who is currently serving as Dean of the Frederick S. Pardee School Global Studies, Boston University and is awardee of



Sitara-i-Imtiaz. This activity was attended by honorable Vice Chancellor, Quaid-i-Azam University

Dr. Muhammad Ali and Dean Faculty of Social Sciences. Dr. Adil started it off by making a point that Climate Change is the biggest security threat that we are facing, all other threats comes secondary. Through his engaging presentation he proved this point by pointing to fact that how global warming is increasing the temperature of earth. Dr. Adil mentioned about consensus of scientists that human induced earth's increase of temperature should not be more than 1.5C but then they increased this threshold to 2.0C.

Talking about repercussions of 0.5C it was mentioned that it makes the glaciers to melt with ten times



increased pace and 2.5% decrease comes in crop production. Talking about recent floods in Pakistan, Dr. Adil mentioned that it was mere inattention to three important signals that clued upcoming floods, including the heat wave, drought, and cloud burst earlier this year.



While discussing the solutions, he mentioned about conserving the Indus Basin. Because Indus basin is the one that is inhabiting people around, from almost 5000 years. Specially monitoring water of Indus all through the country is the need of hour. Moreover, he mentioned that in addition to building dams it is also useful to replicate the idea of billion trees with building billion pounds. At the end, Dr. Muhammad Idress shared that this talk proved to be an eye opener for all of us that demand actions to be

taken at priority. Dr. Muhammad Ali endorsed the idea of conserving Indus Basin and additionally raised the point to control increased urbanization that can be done by providing facilitation in the rural areas so that we can keep them inhabited and people can generate livelihood from there. In the end, souvenirs were presented to the Resource Person and the Guests of Honor.



### Seminar on Evidence Base for CBT for Generalized Anxiety in Young People



The resource person for this seminar was Ms. Hunaiza Sarfaraz who is a trainee teacher of Religious Studies at University of Cambridge doing Master of Education. She has a key

interest in helping groups who are struggling with poverty and poor mental health. The speaker started it off by explaining about what CBT and mentioned how our thoughts, feelings, and emotions are interconnected and working on thoughts yield results in affective and behavioral domains too. She explained various concepts including Beck's cognitive triad, Generalized Anxiety Disorder general anxiety, and comorbidity of these two. Importantly, significance of CBT as a technique was highlighted through evidence base that exist in a hierarchy. The public opinions and case studies lies at the base of the pyramid, whereas evidence from randomized controlled trials and



systematic reviews lies at the top. Participants enjoyed this interactive seminar and actively participated in question and answer session. In the end, speaker was



## NIP Seminars



thanks on behalf of NIP Director Prof. Dr. Rubina Hanif for taking the initiative to interact with students of NIP and was presented with a token of appreciation from NIP. Ms. Hunaiza also expressed about having a great experience through this opportunity to have a talk. This activity ended with a note of thanks for audience.



the person becomes irritated, withdrawn or isolated predominantly. He highlighted role of peer specialists, who can come up with better results as

compared to practitioners, the reason being they have lived those experiences themselves. For treatment purpose, Dr. Nauman talked about the Medications and the Collaborative Care Model that is to be followed where we need everybody on board whether it is students, teachers, religious scholars, police and others. By collaborative efforts we need to create awareness and decrease stigma.

## Seminar on Substance Use Disorder: Our Roles and Responsibilities



This Seminar was conducted in collaboration of Hometown Community Foundation. The worthy resource person for this seminar was Dr. Nauman Ashraf who is Associate Professor of Clinical

Psychiatry at University of Missouri, School of Medicine. He is also Chairperson Association of Physicians of Pakistani Descent of North America (APPNA). Dr. Nauman Ashraf started off with a

discussion on factors that contribute to substance use which included non-availability of



parents for children, lack of support from parents, poor coping skills, inability to share emotional problems, and relieving pain. He discussed neurological evidence comparing brains of addicts with non-addicts. In drug addicts, the working of prefrontal cortex is derailed and



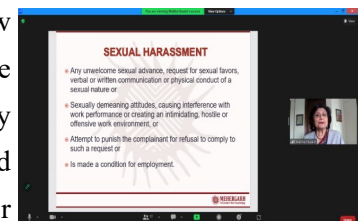
in process brain is thought to be hijacked. As a result there come changes in sleep, appetite, mood and other domains. Such that

## Webinars on NIP-CONNECT



NIP has successfully started its new series of webinars with name of NIP-CONNECT where the aim is to spread of psychosocial

issues in masses and connecting field experts with community. The first webinar of the series was conducted on December 27, 2023 On “Creating Harassment-Free Environment” by Maliha Hussain who is working as Executive Director of Mehargarh: A Centre for Learning. She is also working closely with federal and provincial governments for implementations of sexual harassment law in workplace settings. The webinar was attended by NIP faculty, students, and faculty from other universities, lawyers, and many individuals who were working in different organizations. Maliha Hussain firstly created a baseline understanding by discussing the definitional aspects of sexual harassment and related myths after which she discussed the laws. She emphasized that creating awareness regarding harassment is responsibility of the organizations. Employees are encouraged to report incidents of sexual





harassment; management must be well qualified and should have standing inquiry committees to penalize the perpetrators.

In case of absence of standing inquiry committee or dissatisfaction with their performance, an employee can directly file the case in "Muhtasib". The take-home message of the webinar was to create awareness on sexual harassment at every level so that people will not have to suffer from the said issue.

علامہ اقبال آج بھی ہمارے لیے کیونکر اہم ہیں

حماد رشاد

Hamd Arshad is student of BS-V who secured 1<sup>st</sup> position in Iqbal Day Bilingual Essay Writing Competition, 2022 organized by Debating and Literary Society of QAU. NIP congratulates her on her achievement.

میں سوچ رہا ہوں۔ میرے خون کی گردش جاری ہے۔ میرے وجود کا ہر عضو مصروف ہے۔ لیکن میں فراغت کے لیے بیٹھا ہوں۔ میں پُر امید ہوں اور میں غمگین بھی ہوں۔ حالانکہ میں مسکرا رہا ہوں۔ اور

یہ میں خود ہوں۔ مادی وجود سے میرا بھی اس کے ساتھ بندھا بھی ہوں۔ میں آپ ہی میری خودی

ہوں۔ آپ ہی ایک ترازو ہوں۔ مجھ سے پوچھتے ہیں کہ اقبال آج بھی کیوں اہم ہیں۔ اب؟ کے جب

میں مغربی فکر کے نرغے میں بھی ہوں اور اپنے آپ سے غافل بھی۔ سنگ و خشت ہی میرے آگے

پہنچے پھیلے ہوئے ہیں۔ ایسی صورت حال میں اقبال دل مردہ میں زندگی دینے آئے۔ اور میں کہہ دوں کہ کیوں آئے ہو۔

جب کوئی آئے اور کہے کہ تمہاری نعمت و جاں کو زوال اس لیے نہیں آ رہا کہ تمہارے ستارے گردش

میں ہیں بلکہ یہ اس وجہ سے ہے کہ تم اپنا آپ بھول گئے ہو۔ کوئی ایسا کہ بیمعراج کے دیے جلائے اور

خود کو ڈھونڈنے کی ترغیب دے کچھ اس طرح کے عالم کل کو میرے زیر دکھائے۔ سب سے مدد و انجم کے

نقشہ کھینچنے پھر عروج و زوال کی روداد سے میرے عقیدے کی روح کو جگانے۔ گفتار دلبرانہ اور کردار

قاہرانہ کی مثالیں دے کہ کوئی ولولہ اُبھار دے اور خاک کو افلاک ست ملا دے۔ پھر تم اسے غیر اہم

کہلوادو۔ یہ کہہ کر کہ تمہیں اس تہذیب نے گھیر لیا جس کے بینار قصر سلطانی کی شبیہ لے ہوئے ہیں۔

پھر ایسا کرنے سے وہی حاصل ہوگا۔ جو تم آج لیے پھرتے ہو۔

آپ اگر اقبال کے پیام کو تازگی بخشی جائے تو ہیرے کا جگر کاٹنے کے لیے ایک مصرع ہی کافی ہو یا ایک ہی شعر سے کاپیٹ جائے۔ فرض کیجیے کہ ایک انسان بے باک نہ ہونے کی شکایت کر رہا ہے۔ ڈرپوک ہے۔ سیدھی بات کرنے سے گھبراتا ہے۔ چونکہ شکایت کرنے آئی گیا ہے تو عین ممکن ہے کہ تبدیلی کا ارادہ بھی رکھتا ہے تو اسے یہ شعر سنا دیا جائے۔

دل سوز سے خالی ہے، نلکہ پاک نہیں ہے

پھر اس عجیب کیا کہ تو بے باک نہیں ہے

اب وہ اسے سمجھ لے تو کہاں سے کہاں پہنچ جائے کس طرح پھر اسے گردوں کے ستارے دور سے دیکھیں۔ کیسے اس کے جذب قلندرانہ سے دل سینوں میں کانٹیں۔ جب وہ اسے جلوہ بے پردہ کو پردوں میں چھپا ہوا دیکھے۔ اسی طرح سے اقبال نگاہ اور دل کا تعلق جوڑ کر دیکھتا ہے کہ کوئی زندہ ہونے سے پیچھے نہ رہ جائے۔ یوں اپنے آپ میں خود آشنائی کے بیچ بو کر رائی کچ پر بت کے عکس میں کھڑا دیکھنے کا

حوصلہ دے کر انسان کا قیام و مرتبہ واضح کرتا ہے۔ اور اسے اسی کی قدر معلوم نہیں۔ مال و جاہ کے نجوم

میں کھو کر پھلے پھر کے زرد چاند کی مانند بے راز و بے نیاز آشنائی ہو گئے تو گہن لگے گا۔ کیسا اعجاز سے

اقبال کے مصرع پر پورا اثر تاکہ تجلی حق کو اپنے اندر پالینا ہے۔ کوئی تنگ نظر نہ ہو تو دیکھے کہ اقبال نے

سوچ اور نظر کے لیے کیسا سامان مہیا کیا ہے۔ جس میں حیرت کی بات محض یہ ہے کہ انھوں نے انسان

کو محض وہی دیکھا یا اور ہونے کا کہا ہے جو کہ وہ اصل میں ہے۔ جو ان وسعتوں اور گہرائیوں تک پہنچے تو

حجاب اٹھتے دیکھے اور دل کا سرور حاصل کر لے۔

پھر میں تو یہی کہوں کہ زندگی کو معافی دینے اور موت کے باوجود زندہ ہونے کی خود سری فراہم کرنے

والا اقبال کا ہی کلام ہے۔ آج کے دور میں کای ہو کہ کسی کو زندگی نہیں چاہیے؟ اگرچہ پیام اتنا قدیم

نہیں۔ اور ذہنی جھکڑ، ایمان کی غفلت، نفس کی بغاوت، یہ سب جوں کا توں آج بھی موجود ہے پھر یہ

کیسے ہو گیا کہ اقبال جو ان سے نمٹنے پر اُبھارتا ہے اسے چند نصابی اوراق میں سمیٹ کر چھپا دیا گیا۔ یہی تو

المیہ ہے، جو حالت بد سے بدتر کی طرف دھکیل رہا ہے۔ اور اگر سمجھدار قوم آج کی ہی قوم ہے تو اسے

اقبال کے تصورات کو پرکھنے اور ان کو اپنانے کا دم بھی پیدا کر لینا چاہیے۔

اقبال کو سمجھنا چھوڑ دیا جائے تو اس کی اہمیت پر سوال اٹھانا کسی حد تک بنتا بھی ہے۔ کلام اقبال بے قدروں

اور بے زاروں کو جنھوڑنے کی سکت رکھتا ہے۔ لیکن سمجھ کی آنکھ ہی اگر پھوٹ گئی ہو تو کسی کلام میں یہ

طاقت باقی رہ سکتی ہے۔ ایسا کلام جو انسان کو مادیت کے فریب سے رہائی دینے کی کنجی ہو اور ہمت اور

ڈھارس بندھانے کا آلہ ہو اسے واقعتاً پس پردہ ڈالنا کچھ حماقت سے کم نہ ہوگا۔ اور میرا اپنے بیان کردہ

تعارف ہی تو آج ہم سب کا تعارف ہے۔ اور اگر اقبال نے خود کو میرے لیے ضروری ہونے دیا ہے تو تم

بھی تو میں ہی ہوں۔



## Featured Alumni Dr. Saira Khan



Dr. Saira Khan is the featured alumni of the quarter. She is a vibrant personality with diverse professional experiences. Dr. Saira Khan completed her MSc in Applied Psychology from University of Punjab and took admission at National Institute of Psychology for pursuing her MPhil in Applied Psychology. She, then, earned her PhD degree from the institute on the year 2021. Soon after completing her MPhil, she was recruited as Research Associate cum Lecturer at National Institute of Psychology where she served for eleven years between 2011-2022. Alongwith academia, she has also served in developmental sector and worked . she has multiple publications and conference presentations in her name.

### Students Community Work



BS Semester VII remained involves in social work throughout their semester and worked on various psychosocial awareness campaign. Awareness program

on bullying was conducted in GH foundation model school barakahu Islamabad and the campaign included awareness about bullying, consequences of bullying , pledge to never bully anyone, and activities related to anti bullying perspective (Aqdas, Dilawar, Eelaf, Hammad, Manahil, Eice, and Sara Mir).



Second campaign was conducted on topic of road safety among school children in Educators School System Barakahu, Islamabad. The purpose of the campaign was to create awareness among the children regarding road safety in order to follow rules and regulations regarding road safety and the consequences if the rules are not met (e.g in accidents) and to guide the students regarding road signs and traffic signals especially to those students who walk to school every day. The activity was conducted by Sana arif, Amna Qasim, Nurel waqas, Munazza nasir, Laraib batool, Zeeshan umrani, and Mahnoor Fatima.



The third activity was mental health awareness session, conducted by Amina Saleem , Fatima Riaz, Samra Gaffar, Sara Tariq, Sidra Tassaduq, Muhammad Usman , and Syed Zain Abbas. The objective of the session was to introduce the students about importance of mental health, highlighting factors that can affect the mental health of a student and ways to manage mental health. The session was conducted in Punjab College Barakahu. Aalaaf Noor, Asma Naz, Shakeela Naz, Ayesha Atta, Nimra Waqar, Hadiqa Inam, and Eiman Nizam conducted their project with Quaidian Tutor, a community school near the Central Library, QAU. The audience of the session was the children from



surrounding slum areas. The purpose of the session was introducing the children with basic hygiene manners, basic table manners, as well as basic etiquette in order to groom their personalities.



**Awareness Posters on Positive Psychology**

BS-VII actively participated in an awareness campaign on positive psychology in which they developed e-posters for communicating basic concepts to laymen.

**Poster 1.**

## HOPE

**Definition**

A feeling of expectation and desire for a particular thing to happen  
OR  
Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. Its definitions include: "expect with confidence" and "to cherish a desire with anticipation."

**Tips**

- Look back on past wins, Pray or meditate, Look for the 'third door', Filter your inputs, Create 'If-Then' scenarios, Cheer for yourself, Frame Failure as feedback, Install hope in others

**Current Researches**

- "Empirical evidence supporting the notion that hope and optimism contribute to positive outcomes" (Schwartz et al., 2017; Fleeting et al., 2021)
- "Hope's improvement in positive emotions can lead to a 45% improvement in productivity in workplace settings. Hope outperforms workers' intelligence, optimism, and self-efficacy" (Workman, 2022)
- "Hope was found to be a predictor of academic achievement" (Yotsidi, V., Papatilou, A., Kyriazi, T and Stalikos, A. (2018)
- "Those with higher hope live longer and have less risk of developing chronic conditions and cardiovascular disease" (Harvard, 2021)

**Daily life activities to experience hope**

- Express your feelings
- Look for hope in unexpected places
- Cultivate optimism
- Practice gratitude
- Look at the possibilities in your life not the limitations.
- Go outside to look at nature
- Do a random act of kindness
- Take some time for self-care
- Harness faith
- Become more spiritual

**Group members:**  
Javeria Farooq, Zahra Fatima, Muhammad Usman, Rabia Usman

**Poster 2.**

**Definition**

A personality trait characterized by perseverance and passion for achieving long-term goals. Grit entails working strenuously to overcome challenges and maintaining effort and interest over time despite failures, adversities, and plateaus in progress.

-APA

**Tips**

- Be crystal clear about your ultimate goals.
- Discover your interest
- Practice deliberately, spend more time on tasks.
- Know your purpose.
- Practice optimistic self-talk.
- Culture powerfully shapes every aspect of our life, join a gritty one.

**GRIT** IS CHOOSING TO HANG ON WHEN YOU DESPERATELY WANT TO LET GO

**GRIT** GIVE IT YOUR ALL

**GRIT** REDO IF NECESSARY

**GRIT** IGNORE GIVING UP

**GRIT** THE TIME TO DO IT RIGHT

-Stacy Gill

It's not that I'm so smart, it's just that I stay with problems longer. ~ Albert Einstein

**Current Researches**

- High grit scorers had significantly higher levels of self-control and mental well-being, were more resilient and were more likely to have a more growth-oriented mindset (Kannagara et al., 2018)
- Females scoring higher in grit than their male counterparts (Christensen and Knezek, 2014)
- It has been found that grit is associated with academic productivity and engagement (Hodge et al., 2017)
- Grit has positive effects on satisfaction and in students' individual performance (Aparicio et al., 2017)

**Daily Experiences**

Students exercise perseverance when they feel too tired to continue, but study all night because they have their eyes on the goal of getting a good grade.

-Being rejected from several job interviews. Perseverance holds one from giving up.

-Low motivation leads to back out from weight goal, you need to persevere through the tough days when all you want is some comfort food.

Poster by:  
**Ayesha Iaraib**  
**Munazza**  
**Zeeshan**

**Poster**



**WHAT IS GENEROSITY?**

**Generosity is the act of being kind, selfless, and giving to others. It is about being philanthropist, liberal, unselfish, kind, selflessness and openheartedness.**

**TIPS :**

- Share something that has meaning for you.
- Don't expect anything in return of kind act.
- Don't enquire how your gift is used.
- Give with all your heart.
- Think of generosity as something magical and pure

**SOME MORE TIPS:**

- Be generous in your encouragement and recognition to others.
- Make people feel like they're connected—locally and globally.
- Communicate the value of giving.
- Recognize that someone else needs our help.

**RESEARCHES:**

- A research titled **GENEROSITY MAKES YOU HAPPIER** says that a connection between happiness and the performance of selfless acts. Giving to others, they say, activates an area of the brain linked with contentment and the reward cycle.
- Cohut, M., PhD. (2017, July 16). Generosity makes you happier. <https://www.medicalnewstoday.com/articles/338406>
- Another research titled **HOW HELPING OTHERS DURING MAJOR LIFE TRANSITIONS COULD BE A PATH TO GREATER WELL-BEING** explain the importance of being generous for one's own well-being (Amin, L. A. Cash, T. A. (2022, September 26).
- KINDNESS MEDIA RAPIDLY INSPIRES VIEWERS AND INCREASES HAPPINESS, CALM, GRATITUDE AND GENEROSITY IN A HEALTHCARE SETTING** is another research explaining the importance of generosity (Fryburg DA, Uniles SD, Myrick JG, Carpenter FD, Oliver MB. Kindness Media Rapidly Inspires Viewers and Increases Happiness, Calm, Gratitude, and Generosity in a Healthcare Setting. (2022, Jan 20).

**DAILY LIFE ACTIVITIES:**

- Donating extra belongings to others.
- Volunteer work such as serving food at food bank, helping at animal shelter, mentoring children etc in our daily lives.
- Donating blood to people or to foundations for helping people.
- Making meals to distribute among poor.
- Babysitting or pet sitting free of charge.
- Helping a friend move or writing a letter to a person in need.

[www.reallygreatsite.com](http://www.reallygreatsite.com)

**Poster 4.**

**CURRENT RESEARCH:**

Social support is studied across a wide range of disciplines including psychology, communications, medicine, sociology, nursing, public health, education, rehabilitation, and social work. One of the earliest studies on the physical and psychological health benefits of social support was in 1905. Dr. Joseph Pratt, an internist from Boston, gathered a group of tuberculosis patients together to educate them about hygiene in relation to their illness. This 'support group' provided early evidence of the power of psychological support in physical health and healing. Research has shown that there are tremendous benefits in having a network of supportive relationships. Those with robust social support networks have better health, longer lives, and report higher well-being. Friends and loved ones can make you more resilient in times of stress, setback, or loss and they can also make the good times even better.

**Daily life experiences**

Social support may be provided in the form of:

- Physical or practical assistance (e.g., transportation, assistance with chores)
- Resource and information sharing (i.e., information on community resources)
- Emotional and physical assistance (i.e., someone who listens to and encourages you)
- A safe person to confide in (i.e., someone who helps you laugh or provides a safe haven)

**Tips to enhance:**  
Sustaining Your Current Relationships  
Successful relationships require give-and-take. A good rule of thumb is to treat your friends as you want to be treated. In other words, be the friend you want to have. Many factors contribute to healthy, happy relationships.

- Show your appreciation.
- Stay in touch.
- Be available when you're needed.
- Accept their help.
- Support successes.
- Keep the lines of communication open.
- Respect needs and limits.
- Know when a relationship isn't working for you.

**Social Support**

**Group Members:**  
Fiza Sidique  
Hijab Fatima  
Monina Qamar  
Sanara Shaheen  
Shehrbano Gillani

**Some Ideas for Building Your Social Support System**

- Volunteer
- Take up a sport or join a gym
- Start a book club
- Meet your neighbours and co-workers
- Join professional organizations
- Use online resources

**Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. These supportive resources can be emotional (e.g., nurturance), informational (e.g., advice), or companionship (e.g., sense of belonging); tangible (e.g., financial assistance) or intangible (e.g., personal advice).**