



Vol. 42— Issue No. 2— April – June, 2023

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### Visit of NIP Team to Gilgit-Baltistan



NIP team lead by **Prof. Dr. Rubina Hanif** Director NIP has visited GB from 12-16 April, 2023. The team members included **Dr. Aisha Zubair** and **Mr. Tahir Ellahi**. Purpose of the visit was to explore avenues of collaboration with stakeholders for Umeed-e-Sehar Project and data collection. In this regard, meetings with representatives of Aga Khan Development Network, Hashoo Foundation and Govt. of GB were held to discuss available platforms for the diversification and implementation of the project. In addition, a separate meeting was also held with Department of Psychology, Karakorum International University to explore the possibility of liaisons with NIP and holding of symposium on positive youth development. NIP team also executed a webinar for BS students of Karakorum International University on Enhancing Ethnic Tolerance Among University Students, which was greatly appreciated by the faculty and students of KIU. The major highlight of the visit was that Aga Khan Development Network has arranged a special meeting with the representatives of Adolescent Friendly Centers and Basic Health Units functioning in various areas of District Ghizer. NIP team got a unique chance to interact with mentors, children, and adolescents working and studying in these units. Dr. Rubina Hanif along with her team had rigorous interaction with print and electronic mainstream media personnel of GB who were oriented about the Umeed-e-Sehar Project and also shared research findings with them to grasp the psychosocial factors that play inevitable role in mental health of the youth of GB.

By Dr. Aisha Zubair

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### Capacity Building Training on Substance Abuse Prevention Skills



Three days "Capacity Building Training on Substance Abuse Prevention Skills" was organized by ICP, Karachi. It was funded by HEC and World Bank. Training was conducted at NUMS, Rawalpindi. Training was about capacity building of teachers and faculty of higher educational institutions. NIP, maintaining the standards of excellence, showed full participation in three days training workshop. **Dr. Humaria Jami**, **Ms. Rabia Shafique**, **Ms. Sobia Kiran** and **Mr. Sami Ullah**

## Outreach Activities

participated in the event, representing NIP. First day of workshop was based on prevention of substance abuse in educational institutions, followed by two days of workshop based on SBIRT, a skill development training. It was a great learning opportunity with a number of many knowledgeable people. Participants learnt how to screen clients using substance use and brief intervention techniques based upon motivational interviewing to control substance use. Participants also learnt how to design and execute prevention program to reduce incidences of substance use. The experience throughout the training program was quite good and the training sessions were organized very well. NIP will continue its journey in enhancing capacity for the greater cause.

By Ms. Rabia Shafique

## Roundtable on the Right to Health in Pakistan by Human Rights Commission of Pakistan



The event was organized on 16<sup>th</sup> June 2023 in Islamabad Hotel to recognize the right to health as an independent fundamental right in the Constitution of Pakistan. Legislators, subject experts, and human rights activists were invited to give feedback on policy brief prepared by HRCP to it as a legal case for recognizing the health as a

fundamental right. ‘People’s manifesto’ on healthcare, was also presented to conceptualize right to health from citizen’s perspective.

**Dr. Humaira Jami** was invited as an expert to share and highlight significance of mental health and transgender health in the given context. This roundtable was very well attended by experts in the field of human rights and health including Ms. Hina Jilani, Chairperson HRCP; Mr. Waleed Iqbal, Senator and Chairperson Senate Committee for Human Rights, Dr. Zafar Mirza, Advisor to Ex-Prime Minister in Health; Ms. Nafeesa Shah, member HRCP; representatives from NCHR, UNICEF, Benazir Income Support Program, and different governmental and nongovernmental organizations. Dr. Humaira Jami emphasized to work for readiness of all stakeholders and put forth that academic research, done in the proposed area in indigenous context, may help to address antagonist forces that may oppose this noble cause. She further suggested that university students can act as force to play role in creating awareness among masses to make health as one of their basic rights in Pakistan.

## Keynote in First International Conference of Riphah International University



**Dr. Humaira Jami** delivered a keynote in inaugural ceremony of 2<sup>nd</sup> International Conference on “Creating a Better World for Future” on 15<sup>th</sup> June 2023. Her keynote “Parenting Styles and Youth Well-being” was focused on significance of parental

attachment and parenting styles in fulfillment of youth’s needs in developmental context. She shared how parenting in Asia and Pakistan is different being more domain and practice based than style oriented as in West. She linked these practices with academic, social, and personal well-being of youth. She also provided an overview of Islamic thought on parenting from *AlQuran* and other existing literature based evidences.

By Dr. Humaira Jami

## Pre-Conference Workshop on Research Report Writing: APA 7<sup>th</sup> Format

Dr. Irum Naqvi conducted a Pre-Conference Workshop on “Research Report Writing: APA 7<sup>th</sup> Format” on May 24<sup>th</sup>, 2023 at Riphah International University, Gulberg Greens Campus, Islamabad. More than 40 students and professionals attended this workshop.

Important topics related to research including level of headings, citations and types and references were covered in detail. For enhancing the expertise of participants and hands-on practice works sheets were distributed among participants. During the feedback session the participants appreciated the relevance and importance of the topics covered and appreciated the department for providing them an opportunity to attend the workshop.



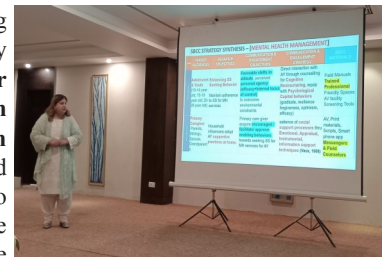
By Dr. Irum Naqvi

## Participation in Training Workshop by Agha Khan Development Network (AKDN)



Six days training workshop was organized by The Agha Khan Development Network (AKDN) in Islamabad from 2<sup>th</sup> May 2023 to 7<sup>th</sup> May 2023. The purpose of the workshop was to devise strategic planning for Social and behavior Change Communication (SBCC) in health related

issues specifically in Gilgit Baltistan. This training workshop was attended by three faculty members **Dr Aisha Zubair**, **Dr Irum Naqvi** and **Dr Nelofar Kiran Rauf** and they contributed their expertise’s related to Mental health with reference to Social and behavior Change Communication (SBCC).



By Dr. Nelofar Kiran Rauf

## Educational Trip of Students and Faculty From Malakand University

On June 14, 2023, students and faculty from Malakand University visited National Institute of Psychology for exposure of students with the library, experimental lab, as well as research. The group was welcomed by Dr. Sobia Masood on behalf of Director, Prof. Dr. Rubina Hanif alongwith Evening Coordinator Ms. Rabia Shafique. Students and faculty visited library and spent time there in order to read journals, research theses, and relevant books. Students also visited Testing Resource Centre to in order to understand the procedure of acquiring scales/instruments and to go through renowned and indigenous testing tools. Lastly, an informal meet-up was planned with faculty of NIP where possibilities for future collaborations were discussed. The entire session was ended with a group photo.



National Institute of Psychology NEWSLETTER, April-June, 2023

**Celebration of Autism Awareness Month Through NIP-CONNECT**

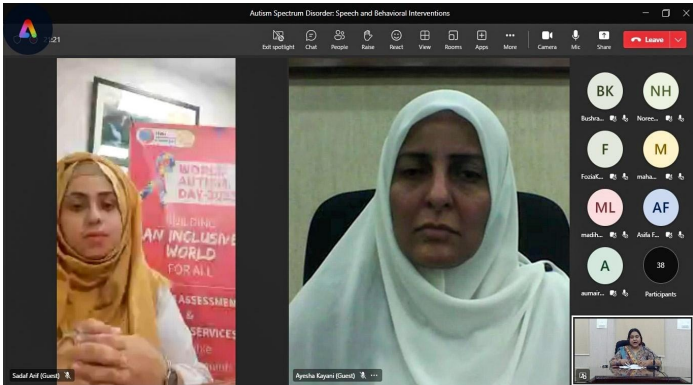
April is considered Autism Awareness Month globally. In order to celebrate this month and to fulfill the social responsibility to create awareness, regarding Autism, in general public, platform of NIP-CONNECT was used to conduct webinars. Webinars were very well received by the audience which included mothers, fathers, and other caretakers of the children with Autism, medical students, as well as students from various disciplines of social sciences. The first webinar was conducted to establish a baseline information regarding disorder and second webinars was designed to address behavioral and linguistic difficulties of children with Autism, details of both webinars are as follow:

**Autism Spectrum Disorder (ASD): Symptoms Recognition and Intervention**

A webinar titled “Autism Spectrum Disorder (ASD): Symptoms Recognition and Intervention” was conducted on 4<sup>th</sup> April, 2023 from platform of NIP-CONNECT. The webinar was particularly arranged for parents, early school teachers, caretakers of children with ASD, school counselors, medical and clinical psychology internees, and medical health professionals. Resource person for the seminar was DR. Nelofar Kiran Rauf who has her PhD in the same field and who is active member of international organizations which are working on ASD i.e., WAO (World Autism Organization) and INSAR (International Society for Autism Research). The webinar started from discussion of transition of symptoms of ASD from triad to dyad. These dyad symptoms include impairment in two areas that is; Social Communication and Interaction and Restrictive Repetitive Patterns of Behaviors. Resource person also discussed the changes in symptoms of ASD during six, nine, twelve, sixteen, and twenty four months of the age. An elaborated discussion on causes indicated various possible causes including genetic mutation, malnutrition, environmental toxicity (contamination of Lead into water or taking Lead based medications for a longer period of time), and family history. She explained therapeutic interventions used for treating ASD and compared various therapeutic regimes with reference to their empirical evidence. The webinar was attended by national and international audience and question answer session revealed more information regarding various techniques of treatment which are being used in Pakistan and other countries.

issues can be managed at home by caretakers of the children. The webinar was followed by an extensive question answer session where individual queries of parents and caretakers were addressed.

Reported by Dr. Arooj Mujeeb

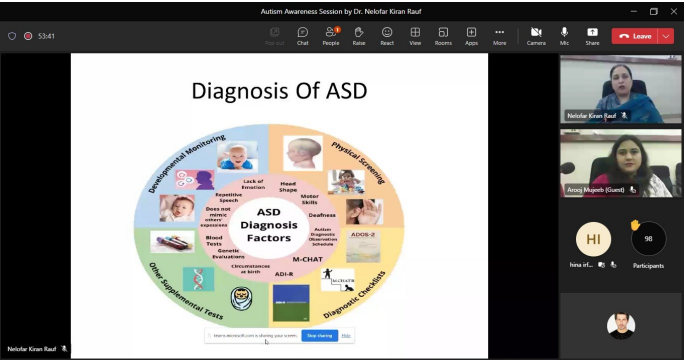


**Theme-Week Celebrations**



The students of NIP had an exhilarating farewell week filled with unforgettable memories. The week kicked off with the vibrant and enchanting white and purple day on the 6<sup>th</sup> of June 2023 to highlight the importance of mental health. The following day, the students brought their favorite fictional characters to life on character day. From Hollywood to Lollywood, they also included beloved movies and book characters such as Harry potter, Hermione granger, dracula, melvis. Students put in tremendous effort to embody the essence of their chosen characters. On the 8<sup>th</sup> of June 2023, the atmosphere was tinged with nostalgia as retro day took center stage. It was as if the campus had travelled in a time capsule back to the 90s. Students embraced the fashion, music, and trends of bygone eras. From floral silk dresses with flowers and parandhas in hair to polka dot two-piece with funky glasses, the campus became a vibrant tribute to the past. It was an opportunity to celebrate the rich history and culture of previous decades, while also appreciating the progress made over the years. The sense of harmony and unity among the students was palpable, as they caught those moments in their phones, laughing and reminiscing about simpler times. Throughout the farewell week, the students of NIP forged lasting memories and strengthened their bonds with one another.

Reported by Shiffa Rehman



**Autism Spectrum Disorder (ASD): Speech and Behavioral Interventions**

The second webinar of the series was conducted on 11<sup>th</sup> April 2023 where the focus was particularly on speech and behavior related issues and their management among children with Autism. Two resource persons were invited for the webinar which included Ms. Sadaf Arif (Registered Behavior Technician and Applied Behavior Analyst from Shifa International Hospital and Ms. Ayesha Kiani (Associate Professor and Speech and Language Therapist). Both of the experts talked about the strategies through which speech and behavior related



## Featured Alumni Dr. Nida Nosheen



Dr. Nida Nosheen is an Assistant Professor at Riphah International University, located at the Gulberg Greens campus in Islamabad. With a distinguished career spanning 13 years in Psychology, she has made significant contributions in various fields of the discipline. Her expertise and dedication extend beyond teaching and research, as she has actively engaged in administrative roles and contributed to the overall development of her academic institutions. Dr. Nosheen's recent involvement in organizing an international conference and a pre-conference workshops at Riphah demonstrates her commitment to promoting academic collaboration and knowledge exchange. Her valuable contributions in these endeavors highlight her organizational skills and her ability to facilitate interactive learning experiences.

Prior to her current position, Dr. Nosheen served as a senior lecturer at the University of Lahore, where she made notable contributions to the field of psychology. Alongside her teaching and research responsibilities, she took on administrative duties, serving as a member of the board of studies. Additionally, she held the positions of MS program and research coordinator, showcasing her organizational acumen and commitment to academic excellence. Dr. Nosheen's leadership skills were further demonstrated as the second-in-charge of the department, where she successfully organized various workshops, mental health activities, and training programs.

Dr. Nosheen's passion for innovation in education is evident in her course design. She developed courses such as gender psychology and Memory and Movies, incorporating visual data and virtual learning methods, particularly during the pandemic. Her ability to adapt to changing circumstances and integrate technology into her teaching approach underscores her commitment to providing engaging and effective educational experiences for her students.

In addition to her teaching and administrative roles, Dr. Nosheen has made significant contributions to the research community. She has supervised 27 theses, guiding and

mentoring students in their research endeavors. Furthermore, for the past seven years, she has been providing counseling services under the supervision of Dr. Asir Ajmal, showcasing her dedication to supporting the mental well-being of individuals.

In February 2023, Dr. Nosheen defended her Ph.D. in environmental psychology at the National Institute of Psychology, Quaid-e-Azam University, Islamabad. Her doctoral dissertation was inspired by the rapid geographic growth of her hometown, Lahore, and aimed to explore the under-researched area of the human-environment relationship. Given the scarcity of research on environmental, ecological, and climate-related issues in Pakistan, particularly within the realm of psychology, her interdisciplinary work and strong qualitative research background have significantly contributed to filling this knowledge gap.

Dr. Nida Nosheen's multifaceted career, encompassing teaching, research, administration, and counseling, reflects her commitment to advancing the field of psychology. Her contributions to academia, combined with her expertise in environmental psychology, make her a valuable asset in addressing the complex challenges of the human-environment relationship and promoting sustainable practices in Pakistan.

### PhD Public Defence



Ms. Arooj Mujeeb successfully defended her PhD on May 29 2023. The title of the research was "Job Demands-Control-Support and Cognitive Failures: Role of Fatigue and Mental Toughness Among Pharmaceutical Companies' Employees". Examiners for the defence were Brig. Dr. Tanveer and Prof. Dr. Farah Malik.

### Upcoming Event

**4<sup>th</sup> NATIONAL YOUTH CONVENTION**  
**IMPACTS & PREVENTION OF SUBSTANCE USE AMONG YOUTH**  
**CALL FOR POSTER**

Jointly Organised by  
 Dr. Muhammad Ajmal  
 National Institute of Psychology  
 Centre of Excellence  
 Quaid-e-Azam University Islamabad  
 ISSUP Pakistan Chapter,  
 SMCT, and IRADA Clinic.

**THEME** SUBSTANCE USE DISORDER  
**DEADLINE** 30 JUNE, 2023  
**EVENT** 06 JULY, 2023

**VISIT WEBSITE** <https://nip.edu.pk/convention/>

**Organizing Committee**  
 Prof. Dr. Rubina Hamif  
 Director NIP (Chief Organizers)  
 Mr. Muhammad Shafique  
 Director ISSUP, Pakistan  
 CEO SMCT

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**HOSTED BY**  
 National Institute of Psychology  
 Quaid-e-Azam University, Islamabad

**VENUE**  
 GEO Physics Auditorium  
 Quaid-e-Azam University, Islamabad