



National Institute of Psychology, *Center of Excellence*, Quaid-i-Azam University
International Organization for Migration

Mental Health and Protection of Host and Afghan Communities in Urban and Informal Settlements

Conference Program

12th Sep 2023

Venue: Pearl Continental, Karachi

Signature at Registration Desk 8:30 – 9:00 am

Session 1 (9:00 - 11:00 am)

Inaugural Ceremony

Recitation from Holy Quran

National Anthem

Opening Remarks by Dr. Humaira Jami
Organizer, Assistant Professor, NIP

Welcome Address by Prof. Dr. Rubina Hanif
Chief Organizer, Director, NIP

Address by Dr. Marsela Nyawara
Emergency Health officer, IOM Pakistan

Guest Speech by Alexey Dudarev
Head of Field Office Karachi, UNHCR

Speech by Mr. Hamood-ur-Rehamn (Guest of Honour)
Commissioner, Commissionerate of Afghan Refugees Sindh, Karachi

Address by Chief Guest

Keynotes

Resilience and Coping
Dr. Imran Yousaf (SI)
Mental Health Psychologist, Chairperson Transformation – Inspire for Better Living

Mental Health and Wellbeing of Refugees
Prof. Dr. Zainab F. Zadeh
Head of Division Child and Adolescents Mental Health, Pakistan Institute of Living and Learning, Karachi

Tea Break: 11:00 – 11:30 am



Ministry of Foreign Affairs
and International Cooperation



National Institute of Psychology, *Center of Excellence*, Quaid-i-Azam University
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Session 2 (11:30 – 2:00 pm)

Oral Presentations

11:30 – 1:00 pm

Navigating Access to Higher Education in Pakistan for Afghan Refugees: Identifying Aspirations and Challenges through a Mixed Methods Approach

M. Hamza Raza, *Habib University, Karachi*

Fostering Empowerment: Education's Role in Enhancing Mental Health Outcomes for Afghan Refugee Women

Obaida Ameen, *Social Worker, MPhil Scholar, University of Karachi*

Impact of Religious Coping on Quality of Life of Afghan Refugees living in Pakistan

Javeria Farooq and Dr. Nelofar Kiran

National Institute of Psychology, Quaid-i-Azam University Islamabad

Psychosocial Correlates of Mental Health of Afghan Migrants: A Systematic Review From Pakistan

Maryam Javed, Dr. Aisha Zubair, Nurmeen Bakhtawar Niazi, Maryam Safa, Sarish Afrasayab Abbasi, Mahnaz Naeem Khan, and Memoona Naz

National Institute of Psychology, Quaid-i-Azam University Islamabad

Posttraumatic Growth and Financial Therapy for Social and Employment Integration for Afghan Migrants in Karachi, Pakistan

Vardah Noor Ahmed Bharuchi, *Department of Paediatrics and Child Health, The Aga Khan University*

Zahyreen Kousar, *Institute of Professional Psychology, Bahria University Karachi Campus*

Dr. Sidra Kaleem Jafri, *Department of Paediatrics and Child Health, The Aga Khan University*

Social Inclusion- A Step Toward Tolerant Society

Dr. Khalida Rauf, *SZABIST, Karachi*

Guest Speeches

1:00 – 2:00 pm

Creating a Safety Network for the Vulnerable: Preventing Trauma & Abuse in Refugee Population

Dr. Nargis Asad

HOD Psychiatric Department, AKU

Building Resilience in Marginalized Youth

Mr. Zuhaib Shaikh

HOD for Alumni Pathways at TC

Lunch Break: 2:00 – 3:00 pm



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Session 3 (3:00 – 5:00 pm)

Panel Discussion

3:00 – 4:30 pm

Prof. Dr. Iqbal Afridi (TI)
DNP, Jinnah Sindh Medical University/JPMC, Karachi

Prof. Dr. Uzma Ali
Director, Institute of Clinical Psychology, University of Karachi

Ms. Sara Ahmed
Technical Advisor, Refugee Management Support Program, GIZ

Ms. Maymoona Sadi
Consultant Psychologist, WHO

Dr. Aisha Zubair
Assistant Professor NIP, Moderator

Closing Ceremony

4:30 – 5:00 pm

Recitation from Holy Quran

Overview of the Conference by Dr. Humaira Jami
Organizer, Assistant Professor, NIP

Vote of Thanks by Dr. Marsela Nyawara
Emergency Health Officer, IOM

Vote of Thanks by Prof. Dr. Rubina Hanif
Chief Organizer, Director, NIP

Speech by Prof. Dr. S. M. Tariq Rafi (SI) (Guest of Honour)
Chairman HEC Sindh

Address by Chief Guest

Tea Break: 5:00 pm



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Poster and Artwork Presentations

Poster and Artwork based upon theoretical and empirical work will remain displayed and can be witnessed in the hall for entire day.

Dr. Arooj Mujeeb
Coordinator, Lecturer, NIP

Judges for Poster/Art Evaluation

Dr. Marsela Nyawara,
Emergency Health officer, IOM Pakistan

Prof. Dr. Zainab Bhutto
Dean and Director, Institute of Professional Psychology, Bahria University, Karachi

Prof. Dr. Anila Amber
HOD Psychology Department, University of Karachi