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NIP Collaborated with Federal Directorate of Education Islamabad



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Prof. Dr. Rubina Hanif (Director) and Dr. Humaira Jami (Assistant Professor) delivered seminar on “**Specific Learning Disabilities and the Implications of Dyslexia**” on 20th Nov 2023 in Islamabad College for Girls (Post-Graduate-Margala) F-7/4, Islamabad. Mr. Tanweer Ahmad, Director General Federal Directorate of Education, Ms. Riffat Jabeen, Director Academics and Mr. Nadeem Ahmad, Director, and



Seminars



principals of different government schools, educational stakeholders and teachers attended the seminar. The aim was to create awareness about dyslexia and its outcomes in functioning of students suffering from dyslexia. This seminar was organized by Federal Ministry of Education with the goal to implement Dyslexia Special Measures Act 2022 and plan for creating awareness among teachers for screening, assessment, and interventions for dyslexia in collaboration with NIP. Around 300 guests attended the seminar. Students of Margalla College also highlighted the issue through skits. Dr. Riffat and Ms. Aisha Kiani give away shields as token of appreciation to Prof. Dr. Rubina Hanif and Dr. Humaira Jami.



skills to maintain good mental health. Almost 200 students/faculty/staff were dealt during the camp. Students enjoyed many activities at camp. The activities were headed by Director NIP, Prof. Dr. Rubina Hanif and Ms. Sobia Kiran, in-charge counseling centre.

Dynamics of Youth Problems: A Psychosocial Framework for Solutions



On 21st November, 2023, the Inaugural seminar of National Youth Helpline was held at Bioinformatics Hall hosted by QAU. The event was organized by

HEC's R&AA Section, in partnership with Act to Change Tomorrow (ACT) International and with technical support from United Nation Population Fund. This groundbreaking event aimed to tackle the urgent mental health and psychosocial challenges confronted by Pakistan's youth today.

NIP participated in the event and Dr. Aisha Zubair, Assistant Professor delivered “**Dynamics of Youth Problems: A Psychosocial Framework for Solutions**”. In her talk, she deliberated on the imperative role of emerging challenges of youth in Higher Education Institutes and corresponding remedial strategies that can be undertaken to mitigate these issues. She also highlighted the role of family dynamics, community engagement, peer support, and media literacy programs to optimize the psychosocial functioning of the flourishing youth. The seminar gathered experts, scholars, and dignitaries to illuminate critical issues impacting the mental wellbeing of the country's youth. The event's highlight was speech and attendance of differently abled students at QAU.



Mental Health Camp



A mental health camp was organized by the National counseling center in October to commemorate the world mental health day that is celebrated on the 8th of October every year. The camp was organized to spread awareness related to common mental health challenges faced by students. The activities on the included free of charge assessment for depression, suicidal ideations, and anxiety related issues; the evaluations were followed by free counseling sessions. The camp also included psycho-education for common issues like time management, anger management, stress management, and many other

Workshops

One-day Workshop in Karnal Sher Khan Cadet College, Swabi



A one-day workshop on **“Boarding risks and remedies”** was held on Wednesday, 18th October 2023 by Karnal Sher Khan Cadet College, Swabi (KSKCCS). Prof. Dr Rubina Hanif and Dr. Nelfar Rauf was invited as guest speaker. Student representatives, teachers and administration staff of seven different cadet colleges across Pakistan participated in this one day workshop. The speakers discussed dynamics of dormitory living to strategies for fostering a supportive community within the boarding environment. The workshop provided valuable insights into addressing the emotional well-being of boarders, emphasizing the importance of creating a home away from home. Cadets explored effective communication strategies, peer support systems, and holistic approaches to student development, envisioning a boarding life that not only thrives academically but also nurtures personal growth and lasting connections. The workshop served as a collaborative space, where experiences were shared, and innovative solutions were cultivated to enhance the overall boarding experience.



Training Workshop on Behavioural Management of Children with Disabilities

National Institute of Special Education (NISE) invited Dr. Humaira Jami (Assistant Professor) to deliver 2-days training workshop from 30—31st Oct 2023 on **“Behavioural Management of Children**



with Disabilities”. She covered disabilities and their impact on behaviour, importance of behavioural management, functional behavioural assessment, position behaviour support, and role of professionals in behavioural management. Professionals including doctors, nurses, and professionals working in special education attended the workshop.

Training Workshop on Basic Counselling Skills for Addiction Professionals



Institute of Clinical Psychology University of Karachi in collaboration with NIP organised 5-days Capacity Building Training Workshop on **“Basic Counselling Skills for Addiction Professionals”** Phase 2 on their Project Local Challenge Fund of Higher Education Commission sponsored by Word Bank from 18 to 22 September 2023. Prof. Dr. Uzma Ali, and Prof Dr. Sobia Aftab (Co Investigator of LCF Projects) were the resource persons. Dr. Humaira Jami and Dr. Irum Naqvi among faculty and around 10 students from NIP got the training. Faculty and clinical psychologists from other leading universities including Bahria, Riphah, and Islamic International also participated.

Seminar on Harassment in University of Gujrat

Dr. Bushra Akram (HOD, Department of Psychology) University of Gujrat invited Dr. Humaira Jami (Assistant Professor) to deliver seminar **“Harassment: Nature, Underlying Reasons, Consequences, and Management”** to their students and faculty on 14th Nov 2023. Around 250 students and faculty attended the seminar. Dr. Humaira Jami shared nature of harassment and reasons at the end of perpetrators, victims, and the organizations that maintain harassment. She discussed the legal context of harassment and gave overview of laws that proscribe harassment. She shared thoughts in how to control harassment at

Keynote

organizational and individual level. Vice Chancellor Prof. Dr. Muhammad Anwar appreciated and acknowledged the need to discuss the issue in hand and gave away shield to Dr. Humaira Jami as token of appreciation.



Keynote on Countering Psychological Causes of Extreme Behaviours



Dukhtaran-e- Pakistan a sister body of Payam-e-Pakistan invited Dr. Humaira Jami (Assistant Professor) to deliver keynote **“Countering Psychological Causes of Extreme Behaviours”** to students and faculty of Govt. Associate College for Women, Murree Road, Rawalpindi on 7th Dec and Govt. Degree College for Women, Dhoke Ratta Amral, Rawalpindi on 8th Dec 2023. In each college around 200 students attended the talk.



Dr. Humaira Jami explained extremism and extreme behaviours and what factors lead to extreme behaviours. She shared ways of addressing extreme behaviours and improve tolerance and accepting inclusion and diversity by embracing better parenting strategies, emotional regulation, conflict resolution, improving tolerance for uncertainty, addressing ingroup-bias, etc.

Seminar on Harassment in Bahria University

Dr. Saima Kalsoom (Principal and HOD, School of Professional Psychology) Bahria University, E-8 Campus, Islamabad invited Dr. Humaira Jami

(Assistant Professor) to deliver seminar on **“Harassment: Nature, Underlying Reasons, Consequences, and management”** to their students and faculty on 11th Dec 2023. Around 400 students and faculty attended the seminar.



Dr. Humaira Jami shared different types of harassment and modes through which these are executed. She discussed reasons at the end of perpetrators, victims, and the organizations that give rise to incidences related to harassment. She discussed the legal context of harassment and gave overview of laws that proscribe harassment. She shared thoughts in how to control harassment at organizational and individual level. Admiral Athar-u-llah (DG) appreciated and acknowledged the need to discuss the issue in hand and gave away shield to Dr. Humaira Jami as token of appreciation.

Commemoration of 16 days of Activism against Gender Based Violence

A seminar was arranged on the 8th of December on **“violence against women and girls”** in collaboration between National Institute of Psychology and Aurat Foundation, Islamabad. Mr. Naeem Ahmed Mirza, Executive Director AF, said that VAWG is a violation of their fundamental human rights and denies them the right to live free from fear and harm. e. Prof. Dr. Rubina Hanif, Director at National Institute of Psychology gave a presentation on "Impact of Violence on human psyche", she emphasized that violence has far-reaching social and economic consequences, affecting the well-being of individuals, families, and communities. Ms Alyia Mirza, Artist, Poetess, Human Rights Activists read her poetry on "women's empowerment". Maqsooda Solangi, Coordinator, Women's Empowerment Unit gave presentation on 112 years of women's achievements in the world. Ms. Shumaila Tanvir, National Manager AF hold an assessment session with student on "Gender and human psyche" for exploring various aspects related to the intersection of gender and psychological well-being.



Seminar on Prevention of Substance Use Disorder



Owing to the social responsibility of addressing the pressing issues of community a seminar was organized on “**Prevention of Substance Use Disorder**”. This seminar was conducted on 31st October, 2023 at National Institute of Psychology.

The speaker for this seminar was Mr. Naveed Sultan Awan who is CEO and Mental Health Activities Manager at Happy Life Psychological Services (HLPS). This facility offers high-quality mental health care provided by a team of experienced experts, while maintaining affordability and compassion.

presented with a shield as a token of appreciation. Audience was motivated to spread the word that substance use disorder is not just a personal struggle, it's a societal challenge that demands our attention and collaborative efforts.



Seminar on Transform Pakistan



This seminar was conducted on 7th November, 2023. It was the fourth seminar of this semester. NIP is trying best to bring forth a variety in this seminar activity. For this particular reason this talk was planned to cater the concern about what we are eating. We do know that how often we are involved in unhealthy eating choices but we rarely realize about the associated hazards and harmful impact it has on our health. An esteemed Team from Pakistan Youth Change Advocates (PYCA) joined in for this seminar who are working hard to transform Pakistan with advocacy on policy regulations about Trans-fatty acids. In line with this the seminar was titled as “**TRANSFORM PAKISTAN: Youth Engagement for Regulating Trans-Fatty Acids in Pakistan.**”

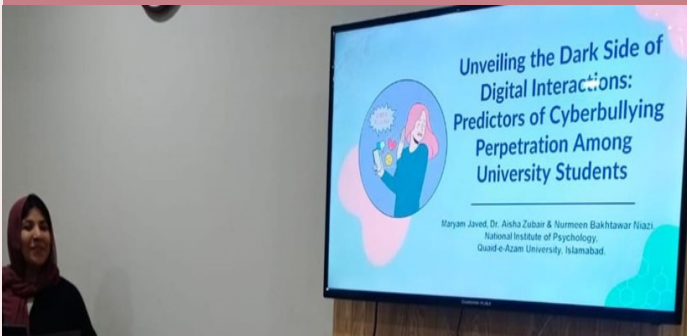
In the beginning the speaker introduced what trans-fatty acids are and how they can become cause of different physical and mental health problems. The second part of the seminar was geared to orient students with the whole of process of contributing to transform Pakistan by becoming an active member. Insights and expertise of the speaker shed light on the critical issue of trans-fatty acids in our food supply and how the youth of Pakistan can actively participate in addressing this health concern.



The seminar started off with a brief introduction of worthy speaker and HLPS, where remarkable efforts were reflected through the community level contributions that have done by HLPS team. This talk equipped students with the knowledge and tools that are necessary to prevent the onset of substance use disorders, promote healthier choices, and foster supportive environments that enable individuals to lead lives free from the grip of addiction. Mr. Naveed touched risk and protective factors both at minute and huge levels. For instance, he pointed out that there are individual reasons for getting involved in drug use and also some people get involved accidentally. Some drugs generate depressive effects and others tend to activate the person. All in all challenging circumstances tend to pose threat and increase vulnerability. Those who are more skillful are thought to get out of faced problem. Preventive actions can be operated from family, school, or community levels before their reflection in health care settings.

The esteemed speaker was formally thanked in the end on behalf of Director National Institute of Psychology, Prof. Dr. Rubina Hanif and was

NIP Representation at International Conference on Mental Health and Rehabilitation: Innovation and Implementation (ICMHR-2023)



Centre for Clinical Psychology, University of the Punjab, Lahore organized International Conference on Mental Health and Rehabilitation: Innovation and Implementation (19th -21st December, 2023). Embracing its longstanding traditions, the National Institute of Psychology (NIP) took an enthusiastic stance, actively engaging in the conference's discourse through articulate oral paper presentations. Among the scholarly contributions, the research paper titled **“Unveiling The Dark Side of Digital Interactions: Predictors of Cyberbullying Perpetration Among University Students,”** authored by Maryam Javed, Dr. Aisha Zubair, and Nurmeen Bakhtawar Niazi, as well as **“Role of Parenting Styles, Peer Relations, and Communication Patterns in Suicidal Ideation Among Adolescents,”** by Memoona Naz, Dr. Aisha Zubair, and Mamoon Zahra, were eloquently presented. The session chairs, in their discerning appraisal, not only commended the presentations but also emphasized the significance of deriving indigenous insights pertinent to the challenges faced by young individuals in Pakistan. The exchange of ideas and the spotlight on indigenous perspectives illuminated the path toward understanding and addressing critical mental health issues affecting the nation's youth.



Election of NIP Student Council

The student council was formed for the session 2023-2024. six student representatives were elected from the BS semesters 1-7. the members were awarded badges from the director and welcomed by the faculty. It was hoped that the council will help in arranging different activities for students and create opportunities for BS students to fully showcase their academic and extra curricular talents. The committee included: Ms. Iqra Baig, Ms. Misbah Mustafa, Ms. Sharoon, Ms. Mehtab, Ms. Misbah Rafique, Ms. Aqsa Zarif, Ms. Shahzaman, Ms. Anwar,



NIP Alumni Association Annual Get-together



Since its inception, the NIP Alumni Association (AA-NIP) has made great contribution in its mission to enable alumni-to-alumni connections and foster a meaningful, lasting relationship between alumni and the institute/ university. The AA-NIP provided a forum to maintain contacts among alumni all across the country with each other and the institute. In the same lieu, 10th general body meeting and annual get together was held on December 16th, 2023 (Saturday) at National Institute of Psychology, Quaid-i-Azam University, Islamabad.

The organizing team of the event included Dr. Rubina Hanif (Patron in Chief-AA-NIP), Ms. Raiha Aftab (General Secretary, AA-NIP), Mr. Tahir Elahi (for Finance/ Administrative Support). Faculty, NIP also contributed in the execution of the event as Dr. Nelofer Rauf (food committee coordinator), Dr. Irum Naqvi (Stage Program Coordinator), Dr. Humaira Jami and Dr. Aisha Zubair (Reception Committee members), Dr. Imran and Mr. Usman (Registration committee members), Ms. Riffat Zahir, Mr. Abdul Qayum (Alumni election committee) Ms. Sara Imtiaz (Executive Board member, AA-NIP), and A large number of alumni, current students, their families, and faculty of NIP participated in the event.

Formal proceedings of the program commenced with the recitation of Holy Quran. The Alumni gathering took place at National Institute of Psychology, Quaid-i-Azam University, Islamabad on 16 December 2023. Prof Dr. Tanvir Akhar (President AA-NIP) member alumni association and NIP faculty welcomed all worthy guests. The day was full of celebrations, joy, colors followed by six executive body elections.. In this regard, entertainment program was presented by the students of NIP. Major highlights of the program included multiple activities comprising music,

tableau performances, funny skits, mimes, cultural walk, and poetry. The audience also enormously enjoyed the instrumental music and songs; while senior alumni shared their throwback and nostalgic memories of NIP.



Alumni Corner

NIP Alumni Association Elects 7th executive board for two years



NIP alumni casted their votes for the sixth alumni executive board. More than hundred NIP alumni casted their votes on that day. The selected board consists of Prof Dr. Najma Iqbal Malik (Chairperson Department of Psychology, University of Sargodha) as President, Dr. Aneela Maqsood (Director National Centre for Research on Suicide Prevention, Fatima Jinnah Women University, Rawalpindi) as Vice president, Dr. Irum Naqvi (General Secretary, Faculty, NIP), Dr. Nelofer Rauf (Coordinator, Faculty NIP) Other Executive members selected via elections were Dr. Haziq Mehmood (Acting Chairperson Department of Applied Psychology, UMT, Lahore), Dr. Tasnim Rehna (Assistant Professor, Department of Psychology NUML University), Ms. Lariab Naseer (Current M.Phil student at NIP). Three members including Dr. Haleema Sadia, Ms. Raiha aftar, and Ms. Sara Imtiaz were elected from faculty NIP. In the end Director NIP, Ex-president and vice president welcomed the new Alumni board and wish them best for their future ventures. In the end, Dr. Rubina Hanif (Patron in Chief- AA-NIP) showed gratitude to the guests for their arrival and presented shields to the 5th Alumni executive board members. She shared her joy on seeing alumni as significant part of NIP and their warm hearted involvement in the event. After the program a lavish lunch was served. The lunch was attended by approximately more than 250 guests including Alumni and their families, faculty, and current students. Some glimpses of the event.

