



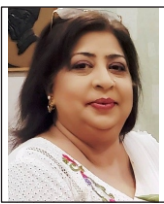
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NIP Signs LOU With Federal Directorate of Education



A Letter of Understanding (LOU) was signed between the National Institute of Psychology, Centre of Excellence, QAU and the Federal Directorate of Education (FDE), Islamabad on the 11th March. This letter of understanding underlines the collaboration between the institutions regarding intervention on Dyslexia issues of Children in early grades education. Ms. Rifat Jabeen (Director Academics from FDE) and Dr. Rubina Hanif (Director NIP) signed the LoU. Director General Education Mr. Tanwir Ahmed and Dy. Director Research and Development of FDE were also present at the ceremony held in FDE.



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Workshops

Specific Learning Difficulties & Implications of Dyslexia



A five-member committee from NIP headed by Prof. Dr. Rubina Hanif, conducted a two-day workshop on issues related to screening and diagnosis of dyslexia at Islamabad Model College for Girls (PG), F-7/4, Islamabad on January 12-13, 2024. The workshop was conducted in continuation of NIPs collaboration with the Federal Directorate of Education for its endeavor to curb dyslexia related issues in schools. The Federal Directorate of Education is committed to act and devise appropriate strategies to implement the Dyslexia Bill in FDE educational institutions in true letter and spirit. In this regard Federal Directorate of Education, Islamabad organized the training workshop on specific issues related to Learning Difficulties for Dyslexia core committee consisting of members / teachers working in Educational Institutions of Federal Directorate of Education, Islamabad. Ten teachers from the twin cities of Islamabad and Rawalpindi attended the workshop.

Drug Prevention in Schools, Life Skill Training



NIP conducted a four-day training workshop in collaboration with Karim Khan Afridi Welfare Foundation (KKAWF), Islamabad on Hum Sath Hain, Drug Prevention in Schools, Life Skill Training from 10th -13th January 2024. The resource persons were Ms. Lubna Ghani Hayauddin (International Master Trainer) and Prof. Tasnim Akhtar (Master Trainer). Ms. Lubna is an NIP alumna, KKAWF board member and

education consultant with extensive experience of conducting training workshops both nationally and internationally whereas Prof. Tasnim Akhtar is in academia for past three decades with her expertise in Persian and French languages and she has conducted successful training in various schools in Pakistan. Participants from multiple organizations attended this workshop; besides a substantial number of NIP students and NIP alumni also attended the workshop. The main agenda of the workshop *Unplugged Hum Sath Hain* was helping youth identify, understand and manage emotions. This interactive training program focused on the worth of student-teacher interactions in a positive and healthier way to strengthen their life skills and social cognitive influences. The Unplugged is a school-based drug prevention curriculum developed, implemented, and evaluated with a multi-center scientific study in seven European Union countries: Austria, Belgium, Germany, Greece, Italy, Spain, and Sweden. Since then, the program has been successfully rolled out in West Africa and South America. It is now being implemented in Pakistan by KKAWF with the technical assistance of UNODC. The Unplugged program comprises of 12 lessons that are covered across 4 days, starting with energizers that were activities to enhance group cohesion. Prof. Dr. Rubina Hanif distributed shields and extended note of thanks to the worthy resource persons for providing an avenue for young researchers and professionals to sit together and discuss practical aspects of drug prevention and appreciated efforts of the organizing committee for arranging the workshop.



National Narrative and Counter-Narratives for Media Persons at Pakistan Television

Prof. Dr. Rubina Hanif, Director, National Institute of Psychology, Quaid-i-Azam University, was invited as a guest speaker in one-day training workshop of Pakistan Television producers on National narrative and counter-narratives for media persons. The workshop was jointly organized by Pakistan Television, Film and Drama Academy and Paigham-e- Pakistan Centre for Peace, Reconciliation and Reconstruction Studies, International Islamic University. Senior academicians and experts expressed their views on the role of media in building a national narrative of the country. Addressing to the ceremony, Prof. Dr. Rubina Hanif, Director, National Institute of Psychology, Quaid-i-Azam University, said it is the collective responsibility of everyone to promote the national narrative of the country, which reflects all cultures. In the realm of broadcasting, we hold a profound responsibility to shape narratives that not only informs but also fosters understanding and unity. In today's digital era, our society is dissent and polarized. For a floundering society, we need to show harmony to counter-terrorism narrative. The national narrative, that has been established in form of Paigham-e-Pakistan is the only narrative that should be followed in all realms of life. Media plays a key role in this age in building and promoting the national narrative of the country. The talk focused on the idea that all type of constructive and destructive narratives are production of the media. At present, several means of media are available, print media, electronic media, traditional media, and social media. Social media is important in reconstruction of our society.



Seminar on Assessment and Recruitment

Prof. Dr. Rubina Hanif delivered a talk on: Revamping motivational aspects and assessment among Gen Z at ISSB Kohat. The seminar was also attended virtually by audiences from ISSB Karachi, Gujranwala and Quetta. The seminar was related to personality traits required to be assessed while recruiting personnel for selection into the armed forces. The talk highlighted the need to focus on the negative aspects of personality along with the desired attributes of personality. The seminar focused on strategies to revamp traditional methods of assessment to deal with issues pertinent to generation Z (individuals born between 1995 to 2010). The assessment technique needs to be revisited. The need of the hour is to develop evidence-based and data-driven approaches to develop methods of assessment and tools. This requires an integrated approach development.

NIP Participation in International Conference on Counter-Violent Extremism

NIP team headed by Prof. Dr. Rubina Hanif participated in International Conference on Counter-Violent Extremism (6th - 8th March, 2024) held in Islamabad. Focus of the conference was to built policy guidelines and indigenous strategies to counter radicalization and extremist behaviors. Prof. Dr. Rubina Hanif presented her keynote on Building Resilience Through Robust Capacity-Building Initiatives. She emphasized the role of remedial approach to be undertaken to mitigate violent behaviors. She also highlighted the role of NIP in rendering large array of services in uplifting mental health of various stratas of population.



**Conference of Asian Council of Science, Faisalabad
16th - 17th February 2024**



The NIP team headed by Prof. Dr. Rubina Hanif Director NIP along with Dr. Aisha Zubair and a group of students participated in the Conference of Asian Council of Science. Emerging Scientist is a vibrant hub where researchers, scholars, and innovators unite to showcase pioneering discoveries and encourage impactful collaborations. It is a prime avenue for expanding professional networks, fostering meaningful connections, and uncovering opportunities for future partnerships. Its 3rd Session, the Asian Council of Science Editors was held on 16th -17th February 2024, Faisalabad and main theme of the conference was Emerging Scientist: Empowering Early Career Researchers. Prof. Dr. Rubina Hanif delivered a keynote lecture in an inauguration session titled: Balancing Acts: The Dual Impact of The Digital Era on Early Career Researchers and Strategies for Success. Furthermore Dr. Aisha Zubair, Assistant Professor at NIP presented her paper titled Psychosocial Determinants of Emotional and Behavioral Problems of Adolescents in Boarding Schools. Later poster competition was held in which posters from social sciences, natural and pure sciences, and mathematics were presented. Ms. Arooj Rasheed, M.Phil. 4th evening program at NIP won first prize in the poster competition. Likewise, posters presented by Mamoonah Zahra, Mamoonah Naz, Iqra Baig, and Beenish Usman were also appreciated.

International Conference on Breaking Barriers through Diversity and Inclusivity

Prof. Dr Rubina Hanif Director National Institute of Psychology (NIP) participated as panelist in International Conference on Breaking Barriers through Diversity and Inclusivity on 27th February 2024. USAID, in collaboration with National Rural Support Programme (NRSP) and the All Pakistan Women

Universities Consortium (APWUC) jointly organized this conference. The mandate of the conference was to enhance collaboration between U.S. Minority serving Institutions and eradicating gender biases and gender discrimination. Panelists discussed and emphasized the need of eradicating gender biases and gender discrimination. Dr. Hanif shared that NIP proudly takes honor in overcoming gender stigmatization among students and staff to a greater extent. She said that the attributing factor was initiatives taken during teaching and other academic activities such as seminars and workshops. To enhance inclusivity, she suggested that policy makers should take on board both gender with equal representation. They should be provided with equal opportunities to avail resources. According to her, an empowered woman is who is aware of her self-worth, have equal opportunities to work, and have control on decision making about her life.

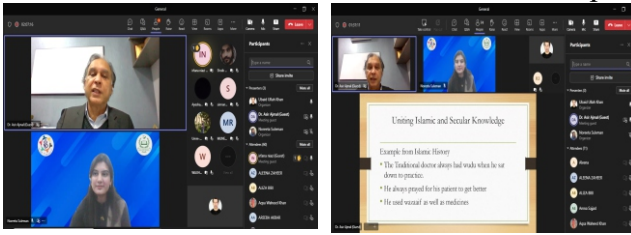


NIP-Connect 20th March 2024

On 20th March 2024, NIP-Connect hosted its 3rd webinar in the ongoing series, titled Conducting Interdisciplinary Research in Social Sciences and Humanities, featuring Dr. Asir Ajmal as the resource person. The session was moderated by Ms. Noreeta Suleman, highlighted Dr. Ajmal's exceptional expertise, offering invaluable insights into interdisciplinary research. The webinar focused on essential aspects of interdisciplinary research, including the distinction between interdisciplinary and multi-disciplinary approaches, strategies for establishing a conceptual model, effective topic selection methods, considerations for choosing methodologies, and a balanced discussion on the effects of inter-disciplinary research. Attendees from various cities and institutes engaged in the lively discussions and active question answer session and commended

Conferences

Dr. Asir Ajmal for his profound knowledge and engaging presentation style, making the session an insightful exploration of interdisciplinary research within the social sciences and humanities landscape.



International Conference on Mental Well-Being, 6th March 2024



Faculty and students of National Institute of Psychology participated in the two-day workshop on wellbeing organized by Pakistan Association of Clinical Psychologists (PACP), in collaboration with Rashid Latif Department of Professional Psychology (RLDPP), Centre for Clinical Psychology (CCP) and Department of Gender and Development Studies (GDS). Empirical research was presented by the representatives of the Institute. The topics included: Factors Underlying Protection Against HIV/AIDS among Sex Workers (by Itrat Fatima and Dr. Humaira Jami), Development and Validation of a Scale to Assess Caregivers' Attitudes Towards Drug Addict's Recovery (by Namood-e-Sahar and Dr. Irum Naqvi), Appearance Anxiety and Psychological Distress among Obese and Non-Obese Young Adults: Mediating Role of Self Criticism and Rejection Sensitivity (by Mehwish Ramzan and Dr. Irum Naqvi). Self-Disclosure, Emotio-



nal Empathy, Fear of Negative Evaluation and Value of Friendship in University Students (by Sadia Siddique and Raiha Aftab), and Sexuality, Religious Orientation and Aggression in Adult Men (by Juma Khan Baloch and Raiha Aftab). All Papers were highly appreciated by panelists.

NIP bids Farewell to Dr. Muhammad Idrees Dean of Faculty of Social Sciences, Q.A.U.



National Institute of Psychology hosted a farewell to the outgoing Dean of Faculty of Social Sciences, Q.A.U. Prof. Dr. Muhammad Idrees remained Dean for the Social Sciences for period of three years (2021- 2023). The faculty had a great interaction with the outgoing Dean who shared interesting anecdotes and experience of working as head of Social Sciences at Q.A.U.



Oath Taking Ceremony of 6th Alumni Executive Board



Oath taking ceremony of 6th Alumni Executive Board was held on January 26th, 2024. Oath taking ceremony was attended by the all members of 6th Alumni executive board members and meeting was attended by all newly elected members. Prof. Dr. Rubina Hanif (Pattern in Chief/Ex-officio) took oath from all newly elected board members. The elected 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). Executive members including Dr. Haziq Mehmood (Acting Chairperson Department of Applied Psychology, UMT, Lahore), Dr. Tasnim Rahna (Assistant Professor, Department of Psychology NUML University), Ms. Lariab Naseer (Current M.Phil student at NIP), Dr. Haleema Sadia (Faculty, NIP), Ms. Raiha Aftab (Faculty, NIP), and Ms. Sara Imtiaz (Faculty, NIP) were elected from faculty NIP.



It was the first formal meeting of newly elected board members. Some pioneering decisions were taken during the meeting. It was discussed that future calendar events should be settled in the start of each year. It was discussed and endorsed by all member that an endowment fund needs to be established with the help of financially affluent alumni members to help the current students. It was also discussed and endorsed by all members to establish city chapters to gather the alumni present in different universities. Moreover, The board decided that online activities including webinars can be planned from the platform of NIP alumni.

Mental Health Symposium



A Mental Health Symposium was organized on February 13th, 2024; It was jointly organized by the National Institute of Psychology (NIP) and Rehmat Foundation at Earth Sciences Auditorium, Quaid-i-Azam University. The symposium successfully brought together professionals, advocates, and students to discuss pressing issues in mental health advocacy, stress management, and perinatal mental health disorders. The presentations were appreciated by all.



Student Corner



The symposium commenced with the National Anthem and a Recitation from the Holy Quran. Dr. Mubashir Mushtaq Doha, Member Advisory Board of Rehmat Foundation, delivered the welcome remarks by shedding light on the significance of addressing critical mental health challenges. Distinguished speakers, including Dr. Huda Zenati Co-Founder Rehmat Foundation, Dr. Saba Syed M.D. Board Member of Rehmat Foundation, shared their expertise and insights on stress management, and perinatal mental health disorders respectively. Mr. Zafar Qadir, Former Federal Secretary, Ministry of IT and Telecommunication; and, Chairman Taleem Foundation, shed light on the worth of empowering youth particularly women from remote areas of Pakistan. Prof. Dr. Rubina Hanif, Director of NIP, delivered concluding remarks, emphasizing the importance of continued collaboration and community engagement in addressing mental health issues.



Moving forward, NIP and Rehmat Foundation are committed to building on the momentum generated by the symposium. Plans are underway to continue fostering collaboration, raising awareness, and implementing initiatives aimed at promoting mental health and well-being in the community.

Student Achievement



Hamd Arshad, a student of NIP, secured the first position in the Short Story Writing Competition at QFEST'2023, the most significant literary event held at Quaid-i-Azam University, organized by the Quaidian Debating and Literary Society. Students from more than 25 departments participated in this extraordinary event. The event was a vibrant convergence of intellect and creativity among students. QFEST'2023 featured 5-diverse literary categories, providing a platform for students to hone their speaking, writing, and interpersonal skills while gaining the confidence to articulate their ideas effectively. We are delighted to share that Hamd was awarded a shield by the esteemed Dean of Social Sciences, Quaid-i-Azam University, Prof. Dr. Muhammad Idrees, Incharge QDLS Dr. Sara Ali, and Dr. Amanat Ali, in acknowledgment of her excellent writing skills. We are super proud of our talented student. We wish best of luck to Hamd Arshad for the future.



Prof. Dr. Sobia Masood

Dr. Sobia Masood, a distinguished academic and accomplished psychologist, currently serves as Professor and Chairperson at the Department of Psychology, Rawalpindi Women University

Rawalpindi, Pakistan, a position she has held since September 2023. Prior to her current role, Dr. Sobia Masood held various teaching and research positions at the National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad, Pakistan, spanning over two decades.

Beginning as a Research Associate in 2003, she held positions of increasing responsibility, culminating in her appointment as Assistant Professor. Her tenure at the Institute was marked by her commitment to excellence in education and research, as well as her passion for addressing societal challenges through psychological insights. She earned her PhD in Psychology from the University of Warwick, UK as a Commonwealth Scholar, where her research focused on “Intimate Partner Violence: Childhood Exposure and Respective Attitudes among Pakistani Young Adults.” Her dedication to this critical issue has been recognized internationally, as evidenced by her receipt of a Research Fellowship award at Nuffield College, University of Oxford, UK, further enriching her academic and research experiences. With a rich academic background and extensive experience in both teaching and research, she has made significant contributions to the field of psychology.

Dr. Sobia Masood has led and participated in numerous research projects, both nationally and internationally, focusing on issues such as gender-based violence, child abuse prevention, cyberbullying prevention, and the psychological impacts of domestic violence. Her collaborations with esteemed institutions such as the University of Oxford, the University of Warwick, the University of British Columbia as well as organizations like HelpAge UK and the American Association for the

Advancement of Science, underscore her global impact and commitment to interdisciplinary collaboration. Besides supervising a number of research theses at BS, MSc, MPhil, and Ph.D. level, Dr. Sobia Masood has authored multiple research articles, published in national and international research journals of repute, demonstrating her expertise and impact in the field of Psychology.

In addition to the above, Dr. Sobia Masood has played a significant role in scholarly publishing as an editorial board member and reviewer for reputable journals. She served as the Assistant/Associate Editor of the Pakistan Journal of Psychological Research (PJPR), a bi-annual publication of the National Institute of Psychology, Quaid-i-Azam University, further proving her commitment to academic excellence and knowledge dissemination. Dr. Sobia's has presented her research at several prestigious conferences within and outside the country. Her research findings have contributed to advancing understanding and awareness of crucial psychological issues on both national and international platforms. She has played a pivotal role in organizing several international and national conferences, serving on organizing committees and taking on leadership roles to ensure the success of these academic gatherings.

Beyond academia, During Pakistan Floods 2022, she was the Program Lead from Pakistan for the child abuse prevention in humanitarian crises project funded by the University of Oxford that highlights her dedication to applying psychological insights to real-world challenges. In summary, Dr. Sobia Masood stands as a beacon of excellence in the field of psychology, combining academic rigor with a heartfelt dedication to improving the lives of individuals and communities. Her multifaceted contributions, spanning research, teaching, counselling, and outreach, reflect her unwavering commitment to advancing the frontiers of knowledge and promoting social justice and well-being.