



IAP CHRONICLES

INSTITUTE OF APPLIED PSYCHOLOGY, UNIVERSITY OF THE PUNJAB

Patron In-Chief



Prof. Dr. Niaz Ahmad Akhtar
The Vice Chancellor

Editorial

BOARD



Dr. Rafia Rafique
Chief Editor



Dr. Fatima Kamran
Associate Editor



Dr. Afsheen Masood
Associate Editor



Dr. Afifa Anjum
Associate Editor

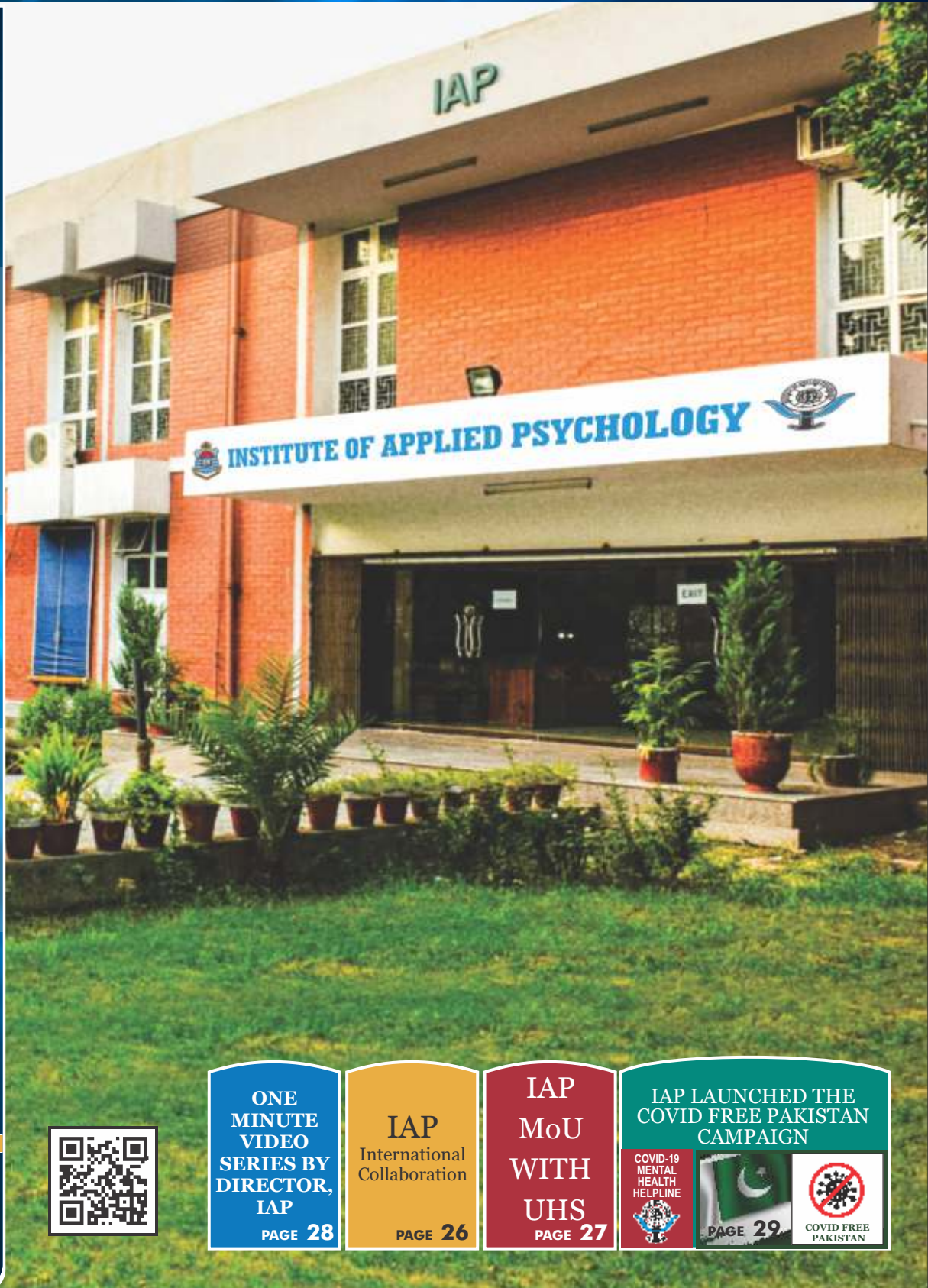
Student Editors



Usama Ahmad Khan



Zunera Tariq



ONE
MINUTE
VIDEO
SERIES BY
DIRECTOR,
IAP
PAGE 28

IAP
International
Collaboration
PAGE 26

IAP
MoU
WITH
UHS
PAGE 27

IAP LAUNCHED THE
COVID FREE PAKISTAN
CAMPAIGN
PAGE 29

COVID-19
MENTAL
HEALTH
HELPLINE



+ STOP THE SPREAD OF COVID-19 +



WASH YOUR HANDS

**THE MOST IMPORTANT WAY YOU
PREVENT THE SPREAD OF INFECTION**

TOTAL TIME: 20+ SECONDS



**OUR IAP COMMUNITY IS
SAFER BECAUSE WE DO OUR PART.**

**COVID-19
MENTAL
HEALTH
HELPLINE**



**WASH YOUR
HANDS**



**STAY
APART**



**WEAR A
MASK**



Contents

COVID-19
MENTAL
HEALTH
HELPLINE



06

MESSAGES FROM
FACULTY OF IAP, UNIVERSITY
OF THE PUNJAB

07

REFLECTIONS FROM
EX-DIRECTORS OF IAP

08

REFLECTIONS FROM
SENIOR
PSYCHOLOGISTS

12

MESSAGES FROM IAP
ALUMNI

13

MESSAGES FROM MENTAL
HEALTH HELPLINE
VOLUNTEERS

15

IAP VOLUNTEER
SERVICES

16

IAP TRAINING SERIES
FOR VOLUNTEERS OF
MENTAL HEALTH HELPLINE

17

IAP VIRTUAL
CONFERENCE

18

WEBINARS AND
TRAINING SESSIONS

21

IAP COLLABORATIVE
VIRTUAL TRAINING
SESSIONS

24

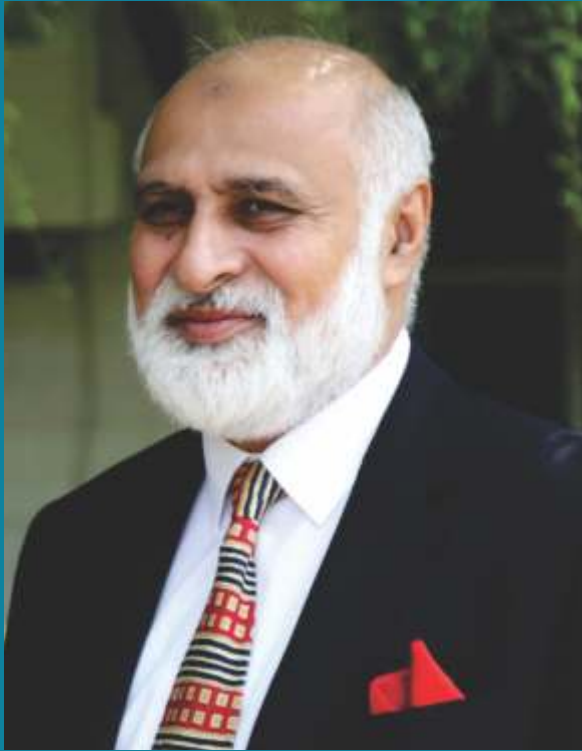
“SAY NO TO BULLYING;
STAND UP, SPEAK UP”

25

“COVID-19 CHRONICLES:
A WOMEN’S PERSPECTIVE”

30

IAP MAINSTREAM
MEDIA
COVERAGE



Professor Dr. Niaz Ahmad Akhtar (SI) holds a Ph.D. in Chemical Engineering from the University of Leeds, United Kingdom. He has done his undergraduate in Chemical Engineering from the University of Punjab. Previously, he served as the rector of the National Textile University, Faisalabad. He also served as the Vice-Chancellor of the University of Engineering and Technology (UET) Taxila, and Vice-Chancellor of Information and Technology University (ITU Punjab). Currently, he is serving as the Vice-Chancellor of the University of Punjab, Lahore, Pakistan. He heads different boards and committees at The University of Punjab. In recognition of his outstanding performance in the field of Education (Engineering and Technology), he was awarded Sitara-i-Imtiaz by the Government of Pakistan in 2015.

Public Service Message by the Vice Chancellor University of the Punjab

Generosity and hard work with unconditional zeal is something that I observed in students, teachers, and alumni professionals who are rendering their volunteer services for the Covid-19 Mental Health Helpline of the Institute of Applied Psychology. I must appreciate the timely efforts of the faculty of Applied Psychology for not only setting up the Tele-Mental Health Helpline but also providing training to all the volunteers.

The dedication that they manifested was inspirational and the way they have rendered selfless services really makes me acknowledge their professionalism and dedication to the field of psychology.

This is only through timely, prudential utilization of technology that the mental health team of the Institute of Applied Psychology under the mentorship of Dr. Rafia Rafique and colleagues rendered unconditional efforts in supporting the mental health of the community. I pray that Allah Almighty grant them more energy and spirit to continue this sublime work. This is viably crucial to building a culture in Pakistan based on profound foundations of care, empathy, and contribution.

These days, we are surviving in an increasingly multifaceted, intricate yet dynamic environment where human collaboration is inevitable for the sustainable development of the community at large. In many developing countries, socio-economic challenges have bred distrust and grown uncertainty resulting in an increase in mental health issues. In such pervasive situations, mental health promotion is indeed a sensitive and crucial duty of all psychologists. The faculty of the Institute of Applied Psychology has arranged numerous webinars and workshops for building up the skill set of the volunteers in collaboration with international universities that have definitely resulted in skills' enhancement and capacity building of the volunteers and students.

I wish them the best of luck in all their future pursuits for the welfare of the community and I extend my ultimate support, wishes, and prayers so that they can continue to play a pivotal role during Covid-19 pandemic.

Niaz Ahmad Akhtar
Prof. Dr. Niaz Ahmad Akhtar
Vice Chancellor



Message from Dean

*Faculty of Life Sciences,
University of the Punjab*

Prof. Dr. Firdaus-e-Bareen

Institute of Applied Psychology, University of the Punjab, Lahore took a lead to address the mental health needs of the public at large during the Covid-19 pandemic.

I extend faculty, students, and volunteers' my best wishes for all the efforts and support that they invested in uplifting the mission of serving humanity. The enthusiasm of the students and faculty is remarkably commendable. This selfless service towards the enhancement of the mental health of our community is inspirational for youth to work in collaboration for the establishment of a sustainable society.



Covid-19 Pandemic took over Pakistan joined hands at a virtual the entire world as a conference arranged by the IAP. The frightening and menacing purpose of the conference was to spell and in a matter of days so many design a protocol for volunteers of countries got affected, lost lives and Mental Health Helpline in the wake of livelihood. In no time, the world's Coronavirus. We were Alhamdulillah economy started to collapse. The fortunate that the mental health worst time of 21st century; medical, helpline was joined by faculty, psychological emergency was students, clinical and health witnessed on the daily basis. The psychologists from all over the Ministry of Health on 27th February, Pakistan. The objective of these 2020 reported the first two Covid-19 services was to help people overcome cases in Karachi. Keeping in mind issues related to corona anxiety, one of the founding aims of the IAP, stress, anxiety, depression, sleep that was to render psychological problems, the stress of online classes, services to the public in various fields anger, aggression, marital, and other related to Education, Mental Health, related issues.

Industry, Corporate Sector and Government, we took up the initiative to provide free of cost mental health services to the community at large. As a director, I knew it was the utmost duty of one of the leading Institutes of Psychology in Pakistan to come forward and provide psychological relief. In April 2020, we launched the Covid-19 Mental Health Helpline to well cater the psychological needs of the masses arising due to the pandemic and lockdown. Those with mental health concerns and comorbid conditions, the elderly, and children were expected to show greater mental health concerns.

Before the inaugural of the Mental Health Helpline, Clinical, and Health psychologists from all over the

The major focus of these services was to help people recover and grow from the psychological impact of the Covid-19 pandemic. Our volunteers of the Covid-19 Mental Health Helpline played a pivotal role in mental health telemedicine. IAP started the online training modules for the students and volunteers of IAP to address the management of mental health concerns. These series of webinars and workshops further helped in building the skills of the volunteers and students. IAP developed international linkages and arranged online series of webinars in collaboration with many universities and organisations to better deal with situation at hand.



Messages from Faculty IAP University of the Punjab

Dr. Fatima Kamran Assistant Professor, IAP

The entire world is going through the most difficult times of pandemic Covid-19. It is not easy to accept, adapt and cope with the new norms and altered lifestyles, and post-pandemic. Therefore, mental health professionals are at the forefront to guide and help people experiencing fear, uncertainty, and depression. Being Health Psychologists, we need to work on the psychological aspects of health care issues, develop awareness to follow preventive behaviors because only then we can and we will fight to defeat this pandemic. IAP has played a commendable role by being at the forefront and pioneers of a 24/7 Mental Health Helpline, informative webinars, training workshops, and e-conferences. I salute our volunteers for their untiring efforts during this crisis and for serving the community at large.

Dr. Afsheen Masood Assistant Professor, IAP

I am proud of the volunteer community work in such pervasive grave conditions that is put forward by our zealous students and faculty. In spite of deficient resources, IAP has maintained its pioneering status by actively initiating its Tele-health helpline from earliest times of befall of Covid-19 Pandemic; thus bringing in sigh of relief for community at large. The unconditional involvement of IAP students in this Tele-health helpline has been quite beneficial in rendering services to needy and deserving people with psychiatric conditions, mood instabilities, and emotional disturbances.

Dr. Afifa Anjum Assistant Professor, IAP, ad Hoc

During the Covid-19 pandemic, the role of IAP, under the leadership of the current Director Dr. Rafia Rafique has been remarkable in these testing times. Through online services, counseling programs, public service messages, and professional support to the government, the faculty and students of IAP proved their dedication to the discipline of Psychology. We are proud of IAP for being empathetic, active, and responsive towards community needs.

Dr. Mujeeba Ashraf Assistant Professor, IAP, ad Hoc

IAP is all the way envisioned to serve humanity, and we have received support from the University of Punjab and the Clinical Psychologists' Community to facilitate us in this very noble cause. For the last five months, IAP has been providing mental health services free of cost to all Pakistani citizens.





Reflections from Ex-Directors IAP

Prof. Dr. Najma Najam

Professor. Emeritus, IAP

My Kudos to Institute of Applied Psychology, University of the Punjab which responded to emerging psychological issues of Covid-19 effectively. The effort in identifying experts to address the wide range of queries is commendable. IAP team, you have shown that the team IAP University of the Punjab has, as always, responded to the needs of the community and the country. Best wishes for the present and future of IAP, University of the Punjab, Lahore.

Prof. Dr. Ruhi Khalid

HOD Department of Psychology, Beaconhouse National University

In a world gripped by the fear of the Covid-19 virus, mental health is emerging as a key concern. Experiences of anxiety, fearfulness, sleep problems, irritability, and feelings of hopelessness are widespread. Continuing uncertainty about waves of the pandemic, and the emotional impact of economic upheavals, social and physical distancing policies continue to negatively impact our mental health. This makes addressing the mental health needs of vulnerable groups in the community crucial. It is heartening to see the valiant response of IAP, University of the Punjab, to the mental health issues of the community. The dedicated Mental Health team at IAP, through innovative online activities, has provided good evidence-based information and recommendations to the public. Through effective teaching, they have been told what to do to reduce the negative impact of the crisis and promote human wellbeing. I wish them well in all their endeavors, and hope, they continue with their good work.

Dr. Seemen Alam

Associate Professor, IAP, (R)

Thank you, Institute of Applied Psychology, University of the Punjab, Lahore very proud of the entire work the IAP, faculty is doing. Will get together once this pandemic is over. I am fully retired, with no academic work! I have passed on the light to you, carry on the good work!

Prof. Dr. Rukhsana Kausar

Vice Chancellor, Government College for Women University, Sialkot.

It gives me immense pleasure to see that Institute of Applied Psychology continues to come up to the expectations of society in challenging times. The Covid-19 Mental Health Helpline by IAP is no doubt a great contribution by the faculty, students, alumni, and volunteers to help the public deal with mental issues and health challenges.





Dr. Mian Aftab
Associate Professor, IAP, (R)

It gives me immense pleasure to see the IAP contributing in times of the pandemic. The Mental Health Helpline by IAP is no doubt a huge contribution by the faculty, students, and volunteers under the leadership of Dr. Rafia Rafique. Institute of Applied Psychology has actively contributed to national disaster management during this pandemic. Best wishes ahead to the organizers and contributors.



Dr. Mohsina Najeeb
Associate Professor, Lahore Garrison University

Well done Dr. Rafia! MashaAllah it is great. I wonder how to extend the profound appreciation that you and your team deserve for such a proactive contribution to fulfilling the urgent cause of psychological services on so many platforms (incessantly and simultaneously). Stay blessed and go ahead. May Allah be with you all! Prayers.



Prof. Dr Uzma Ali
Director, ICP, University of Karachi

Currently, Telehealth technology is the only available option for mental health professionals globally to provide psycho-social support services to the community and to help them cope up with adversities of the pandemic. In this regard, Dr. Rafia Rafique along with her faculty members, students, volunteers and national and international Mental Health Experts have taken an initiative to launch a "Covid-19 Mental Health Helpline" to provide psycho-social support services during this pandemic situation. I must appreciate her efforts to gather a group of qualified psychologists and professionals at one platform, providing professional training opportunities to equip volunteers with relevant skills and knowledge helping them to efficiently and effectively fulfill their volunteer roles. Moreover, IAP also started an awareness program regarding prevention from Covid-19; especially their initiative of 'Use of Mask' is highly commendable. I would like to thank IAP for approaching the Institute of Clinical Psychology, The University of Karachi to take part in this noble cause.



Dr. Naumana Amjad
Associate Professor, IAP, (R)

In a global and national time of difficulty, I have seen the IAP rise to the challenges of meeting the mental health needs of citizens. The initiative was taken very timely to disseminate knowledge, and counseling webinars were rapidly and efficiently planned to deliver. Online counseling sessions were set up. It is indeed a matter of pride for me to see the team at Institute of Applied Psychology, and an extended network of professionals joined these initiatives. Leadership is being witnessed both at the national and international level. Well done and best wishes for the future.



Reflections from Senior Psychologists



Dr. Iram Zehra Bokharey
Chief Clinical Psychologist, Mayo Hospital, Lahore

In view of the challenging situation that we are faced with on account of the Covid19 pandemic, people are exposed to a lot of stress, anxiety, and depressive symptoms. The bombardment of information from unauthentic sources i.e. the infodemic, further complicates the already difficult situation. In order to help the general public cope with this situation, the Institute of Applied Psychology, University of the Punjab, Lahore, took the lead to reach out to the masses by establishing a Mental Health Helpline service. They trained the volunteers who were “just a phone call away” in the most literal meaning of the term. I congratulate Dr. Rafia Rafique and her team for this very important and much-needed initiative. The journey of a thousand miles begins with a single step and I believe the Institute of Applied Psychology, has taken this step. My best wishes for this noble endeavor!



Dr. Tanveer Nasar
Principal Clinical Psychologist, Health Department, Govt of the Punjab, (R)

The entire world was under attack of Covid-19, its first case was reported in December 2019, while in Pakistan it was reported in March 2020. In this time of uncertainty Dr. Rafia Rafique took a great step to initiate Mental Health services for the community, from the platform of IAP. A free helpline was started to provide counseling and other Mental Health services along with telemedicine in collaboration with the University of Health Sciences. Along with this, she also arranged lectures, webinars, and workshops, conducted by international experts, in fields related to mental health issues, for learning and growth of students all to further polish the skills of the professionals. I strongly appreciate the efforts Dr. Rafia Rafique put forward for this cause. She worked with full zeal, motivation and showed great enthusiasm for all this. Big applause for Dr. Rafia Rafique, faculty of IAP and her entire team.



Dr. Sobia Aftab
Associate Professor, ICP, University of Karachi

There are increasingly reported cases of depression, anxiety, and trauma-and stress-related disorders in the general community, sufferers of Covid-19 and their families and friends. The confinement at homes led to increased experiences of domestic violence and abuse. In this regard, Dr. Rafia Rafique, Director Institute of Applied Psychology, University of the Punjab, Lahore along with her colleagues have taken the initiative of setting up volunteer “Tele Mental Health Service” to respond to the mental health needs of the general community. Her distinguished contributions of starting up this service and to gather volunteer clinical psychologists and mental health professionals at one platform for a noble cause of human service during this pandemic are highly commendable. Her continuous efforts of organizing webinars, lectures, training workshops and sessions of renowned national and international mental health professionals for her team of volunteers to ensure the provision of quality and standard mental health and psychosocial support services are reflective of her dedication.



Dr. Ali Imran

Director, Tele Global Health Center; Former HOD, Assistant Professor Community Medicine and Public Health UMDC JSMU

I have spoken in a webinar on healthy lifestyle and Covid-19. Good Diet, Exercise, Avoidance of Stress and Tobacco Good sleep, Communication and counseling are the best ways to stay holistically healthy in mind body and soul. I am pleased to say that Mental Health Helpline is a great initiative by IAP. We all know Tele global public and mental health is the best way to help people and Covid-19 pandemic and lockdown. This makes anyone seek help from anywhere by technology and mobile to cope with Psychological concerns. Fear and panic in public, and anxiety and depressive disorders are common in Covid-19 cases. I am honored to do an interactive webinar on, Sunday 12 July 2020. I congratulate Director, Dr. Rafia Rafique and all faculty, students, and staff for this great work and academic webinars. Allah bless you all! Ameen.



Dr. Irfan A. Mian

Department of Psychiatry, Division of Child and Youth Mental Health, University of Toronto

The IAP has put great effort into the development of important and much-needed support to the national community during the Covid-19 pandemic. These are uniquely difficult times with many mental health and emotional challenges for us all. The swift responses of the IAP have been most commendable. IAP came together to quickly develop a volunteer Mental Health Helpline, strengthened by a number of related online training sessions for the volunteer students and faculty, presented by a number of experts in a variety of fields. I was very pleased to conduct a webinar session and be a small part of this important effort. The whole hearted commitment, organization, and dedication shown by all those involved at the Institute of Applied Psychology, University of the Punjab, Lahore has been most impressive.



Ms. Ghazala Imran

Counselling Psychologist & Speech Language Therapist at Prince Sultan University, Riyadh

The developing mental health issues related to Covid-19 pandemic may breed ongoing mental health problems and loneliness all over the world. Due to uncertainty, fear, psychosocial stressors and helplessness is growing among the general population; IAP inclusively stepped forward under the leadership of Dr. Rafia Rafique, the Director IAP, along with her team that comprised of her colleagues, students, and alumni, to help community during this crucial time. In this regard, extensive training programs and seminars were conducted, not only by the local but also global experts. The team of volunteer students created videos to give voice to the importance of social distancing and other protective measures. Helpline was established to provide online consultation to help the community overcome anxiety, depression, panic attacks, and other mental health issues due to isolation and lockdown.

COVID-19
MENTAL
HEALTH
HELPLINE



**IAP
COMMUNITY
IS SAFER BECAUSE
WE DO OUR PART.**

Wear Mask, Stay Safe



A Public Service Message by IAP
University of the Punjab, Quaid-e-Azam, Campus, Lahore-Pakistan.
www.pu.edu.pk



Messages from IAP Alumni



Prof. Dr. Syeda Shahida Batool
GC University, Lahore

During the Covid-19 crisis, the Institute of Applied Psychology, University of the Punjab, has played a pivotal role to combat the psychological impact of this pandemic. I really appreciate the dynamic leadership of Dr. Rafia Rafique, the contribution of competent faculty of IAP and motivation of students who are voluntarily serving the nation during this tough time.



Dr. Amina Muazzam
Associate Professor of Psychology (Tenured)
Lahore College for Women University (LCWU)

In the wake of the current pandemic, where the general community is going through psychological pressure and imbalance, IAP, University of the Punjab under the supervision of Dr. Rafia Rafique has not only launched online mental health services but conducted very useful webinars and online training workshops for counselors and the general community. In Consultation, they briefed about Corona and precautions, Counseling quarantine patients and caregivers, dealing with stress, anxiety, and depression, addressing psychosocial aspects of Corona, bereavement counseling to families, and health tips to boost immunity. Voice of America also covered their mental health services. These exceptional efforts by her are commendable and appreciable.

COVID-19
MENTAL
HEALTH
HELPLINE



OUR IAP COMMUNITY IS SAFER BECAUSE WE DO OUR PART.



COVID-19
MENTAL
HEALTH
HELPLINE

Messages from Mental Health Helpline Volunteers

Sadia Mustafa

S.S.E.T Clinical Psychologist, Govt. Special Training Institution for Mentally Challenged Children Lahore

I want to pay a special salute to the courageous and philanthropist Director of IAP and her dedicated team to serve humanity during this pandemic. IAP serves and offers its applaudable services to the suffering souls. I am also grateful to the IAP for the provision of such a commendable platform.

Amna Bashir

Clinical Psychologist
Special Education Department, Lahore

IAP under the vibrant and dynamic leadership of the Director, shines and stands out. I want to say that Institute of Applied Psychology, University of the Punjab, Lahore, tirelessly serves the masses during this pandemic and outshine. I must admit that all credit goes to Dr. Rafia Rafique who provided a platform to faculty and volunteers, to show the best in terms of psychological services. I want to congratulate the whole team and the persistent efforts of their leader.

Nida Zafar

Ph.D Scholar
Institute of Applied Psychology, University of the Punjab

I would like to appreciate the efforts of the IAP for their substantial role in the outbreak of Covid-19. The current situation of Covid-19 and the effect it is having on our lives can cause mental health crises. Institute of Applied Psychology, University of the Punjab, Lahore has played an integral part by establishing a free Covid-19 helpline and bringing psychologists as front liners to help those in need. As a Ph.D. student of IAP, I am proud to be a part of the IAP volunteer Covid-19 helpline and must thank IAP for providing me this opportunity to pay back to my institute and community.

Zainab Javed

Ph.D Scholar
Practicing Clinical Psychologist, University of the Punjab

In these extremely uncertain and testing times, our Institute of Applied Psychology has come forward with a much-needed response. This department under the dynamic leadership of Dr. Rafia Rafique, has worked tirelessly to bring awareness regarding the pandemic we are facing globally. We have successfully arranged quite a few webinar and lectures regarding the novel Covid-19 and how to deal with all psychological issues stemming from it. Renowned scholars had been invited to psycho educate on the anxiety and depression issues and general acceptance of the deadly virus among us.



Usman Ahmad Zaheer

Ph.D Scholar, IAP, University of the Punjab

It's enormously gratifying to me, to be an active member of this Covid-19 Mental Health Helpline by IAP. I feel very proud to be a part of such an important and successful nationwide initiative by Dr. Rafia Rafique, Director IAP and her colleagues.



Iqra Nazar

Visiting Lecturer, IAP, University of the Punjab

In these difficult times, Institute of Applied Psychology, University of the Punjab, Lahore has been active to deal with the mental health issues during the pandemic days. Dr.Rafia Rafique has been leading us in all helpline tasks. I am proud of being a part of this noble helpline. This helpline has been facilitating the public since the first day and will continue to do so. It has also helped us in polishing our professional skills and inspired us to utilize our efforts in serving humanity.



Mussirah Aftab

MS Health Psychology / Trainee, IAP, University of the Punjab

My experience at IAP during this pandemic was very prolific. I highly appreciate the efforts of our worthy Director, Dr.Rafia Rafique for taking such a needed initiative.A series of webinars and E-workshops presented by highly qualified professionals from all over the world provided us huge knowledge. I personally work for the Mental Health Helpline established by Institute of Applied Psychology, which is the best platform to serve humanity in this pandemic situation. I feel proud for being a part of Institute of Applied Psychology.



Usama Ahmad Khan

MS Health Psychology / Trainee, IAP, University of the Punjab

In the beginning of the Covid-19, the whole world got into a panic state, we saw the world focusing on the physical health structures in the entire world. Institute of Applied Psychology, University of the Punjab, Lahore, recognized this serious threat and stepped up to help society. Under the dynamic leadership of Dr.Rafia Rafique, 'Covid-19 Mental Health Helpline' was established and is active round the clock to help and facilitate society in the best possible way. I being a volunteer, am immensely proud of being part of this initiative and I look forward to serving to the best of my abilities. It's time to pay back my dear Covid warriors.



Zunera Tariq

MS Health Psychology / Trainee, IAP, University of the Punjab

Covid-19 is a global crisis no one was prepared for; lockdown and uncertainty of health and situation worsened the pandemic-induced anxiety and depression. In such a stressful situation, Dr. Rafia Rafique, Director IAP, came up with a commendable initiative of "Mental Health Helpline". Being a volunteer at the Tele Helpline was a great learning experience. The training workshops and webinars helped us in acquiring the relevant skills while the continuous guidance and support of our worthy mentors helped in fulfilling our volunteer roles efficiently. I would always remain thankful to IAP for providing me the opportunity to play my little bit in aiding people in their mental health struggles during pandemic.



IAP VOLUNTEER SERVICES

Background of Covid-19 Mental Health Helpline

The first case of the novel Coronavirus appeared in Pakistan in February 2020 but it was March when the situation started aggravating with cases being reported from different corners of the country. Moreover, with WHO declaring it a pandemic, it was high time, Pakistan took some action to curtail the spread of the virus. Following the footsteps of China, Italy, and few other countries (with the rise in cases), a partial lockdown was imposed across Pakistan in the mid of March. Although it wasn't a curfew in its entirety, with basic life amenities, like food and groceries still available to people, all other major life activities discontinued across the country. As we know, if someone is forcefully restricted in an area, he/she will try to escape, that's a natural human instinct. The same happened in lockdown, people wanted to roam around freely but there was a lockdown, which was more like detention and they would have to follow the SOPs; all this was new, and difficult for the entire world; and the poor economic condition, lack of health and education facilities made it even more difficult for Pakistan. Physical health was the focus of all the health care institutions to combat this new pandemic situation. All necessary steps were taken to ensure that people recover from this situation and to prevent further spread of this situation, however, the most important factor was ignored i.e. the mental health of the people. Unprecedented Covid-19 situations, with novel SOPs and health care demands, started to have a toll on

the wellbeing of the people.

Mental health has never been our focus in the past, and it was ignored amidst pandemic. The fact remains that mental health is the most important domain to be taken care of. During crucial time, when every health care institution focused on physical health, IAP rose to the occasion under the dynamic leadership of Dr. Rafia Rafique to play its part. Institute of Applied Psychology, while continuing its legacy, remained efficient in pandemic and actively spread awareness among the society about the novel situation, helped people in difficult times, dealt with their mental health issues, and helped them in coping with the distressing Covid-19. The Mental Health Helpline was started by the Institute of Applied Psychology when Pakistan was put into the partial lockdown situation. People were

anxious due to the uncertainty of the future Covid-19 caused; Institute of Applied Psychology stepped forward and helped them deal with this pandemic and related mental issues it was causing, by offering one of its kind tele-mental health helpline, service.

In this helpline, we have volunteers from all over the Pakistan who wanted to play their part in the fight against Covid-19 pandemic. These include psychologists, psychiatrists, neurologists, nutritionists, top mental health professionals, professors of psychology, Ph.D. scholars, and of course the students of IAP. Though we focused to deal with the mental health issues related to Covid-19, the professional volunteers made sure not to leave any psychological issues unaddressed and handled them with care and efficiency. Volunteers were allotted different time slots to make sure that mental health service is available seven days a week. Volunteers worked with empathy and dedication to facilitate the people in their Covid-19 related struggles. All records of the calls and clients' histories were maintained and kept confidential in order to ensure the quality of the services; volunteers were instructed to report each and every call to the coordinators. Research platform was initiated to keep an eye on indigenous psychological and social issues.

The sole purpose of the Mental Health Helpline was to help people deal with anxiety, stress, depression, or any other mental health issue due to the novel Coronavirus or the lockdown situation it had put everyone in.



IAP Training Series for Volunteers of Mental Health Helpline

The training of the volunteers holds great significance for providing knowledge and skills so they can deal effectively with the mental health issues of the clients through online modalities. For this,

virtual training sessions and webinars were conducted where worthy teachers, foreign experts, and professionals trained the Psychologist-volunteers on how to effectively manage stress, anxiety, and depression. Professionals

shared their valuable knowledge with volunteers. Volunteers participated actively during these training workshops which made these online sessions useful and knowledgeable.

First Virtual Training Workshop

“Stress and Anxiety Management during Pandemic”

Dr. Fatima Kamran Assistant Professor, Senior Clinical Psychologist, IAP PU conducted a virtual training workshop on Monday 6th April 2020 on Stress and Anxiety Management during Pandemic for volunteers of Covid-19 Mental Health Helpline. The workshop highlighted the sudden surge in anxiety and stress among people due to pandemic and lockdown and concluded on the note that there's a dire need to address mental health issues in lockdown. Dr. Fatima highlighted the role of deep breathing and relaxation exercises for stress and anxiety.

Second Virtual Training Session

“Mind Reframing & Mindfulness to Manage Pandemic Induced Mind States & Psychological Distress: Holistic Approach Paradigm”

Institute of Applied Psychology, University of Punjab, Lahore conducted a second session in the sequel to virtual training sessions for volunteers of Covid-19 Mental Health Helpline. Dr. Afsheen Masood Assistant Professor and Senior Psychologist conducted an online training session on Friday 10th April 2020 on “Mind Reframing and Mindfulness to Manage Pandemic Induced Mind States and Psychological Distress: Holistic Approach Paradigm”. She emphasized the emergent need to adopt a multidimensional and multifaceted holistic approach of managing mind states and curbing psychological distress in the wake of this transient pandemic condition.

Third Virtual Training Session

“Managing Anxiety During Covid-19”

Dr. Mujeeba Ashraf, Clinical Psychologist and Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore conducted a third virtual training session on Saturday 11th April 2020, on “Managing Anxiety During Covid-19” for volunteers of Mental Health Helpline. She stressed that it is quite natural to experience anxiety in this time of Covid-19 pandemic, as the situation is ambiguous, novel, and unpredictable. Moreover, managing life in lockdown is simultaneously adding to the existing stress and anxiety. Therefore, she suggested that clients should be treated according to their symptoms of anxiety through brief psychotherapy approaches.



Fourth Virtual Training Session “Working Effectively from Home”

Dr. Saima Ghazal, Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore, conducted the fourth virtual training session on Tuesday 14th April 2020, on "Working Effectively from Home" During Covid-19 for volunteers of "Mental Health Helpline". During the workshop, she discussed the key challenges that people face while working from home, across three dimensions namely effectiveness, motivation, and sustainability. Through her expert knowledge, she equipped the volunteers/participants with techniques that they can use while helping the callers of Covid-19 Mental Health Helpline.

COVID-19
MENTAL
HEALTH
HELPLINE



IAP VIRTUAL CONFERENCE



“ Designing Protocol for Volunteers of COVID-19 Mental Health Helpline in Wake of Coronavirus ”

The virtual conference entitled “Designing protocol for volunteers of Covid-19 Mental Health helpline in wake of Coronavirus” was arranged by the Institute of Applied Psychology, University of the Punjab, Lahore. It was chaired by the Dean, Faculty of Life Sciences, Professor Dr. Firdous-e-Bareen. Dr Rafia Rafique, Director Institute of Applied Psychology, University of the Punjab, Lahore, welcomed psychologists from all over Pakistan. Conference speakers, Dr. Mohsina Najeeb, Dr. Tanveer Nasar, Prof. Dr. Uzma Ali, Dr. Irum Zehra Bokharey, Ms. Lubna Azhar and Dr. Saima Dawood gave important deliberations regarding designing a need-based criterion and guidelines for volunteers of Covid-19 Mental Health Helpline of Institute of Applied Psychology, University of the Punjab, Lahore. Speakers of the conference showed concern regarding the growing mental health issues and enlightened the conference participants with their expert opinion. They gave guidelines regarding how to objectively address issues such as anxiety, depression, educational concerns, etc. Professor Dr. Najma Najam, Dr. Naumana Amjad, Dr. Fatima Kamran, Dr. Afsheen Masood, Dr. Saima Ghazal, Dr. Mujeeba Ashraf, Dr. Afifa Anjum and Ms. Tahira Mubashir highlighted different psychological issues associated with the current pandemic. It was emphasized that individuals with prior mental and physical health issues are more likely to get affected due to lockdown and physical distancing. The role of spirituality, religious coping, and gratitude was emphasized. The conference was attended by more than 60 psychologists.



Webinars and Training Sessions



“ Finding True Lasting Happiness Amid Difficulties ”

Dr. Naumana Amjad (Retd) Associate Applied Psychology. She highlighted the different ways to acquire true and lasting happiness amid difficulties. During the virtual training session on Friday, April 17th session, she emphasized the fact that 2020 for volunteers of Covid-19 Mental Health Helpline initiated by the Institute of stress and anxiety during pandemic.



“ Parenting Tips in Current Scenario of Lockdown ”

Ms. Amna Bashir, Clinical Psychologist at Special Education Department and Ms. Saadia Mustafa SSET of Special Education Department, conducted the seventh virtual training session on Monday 20th April 2020. They stressed that parents should involve their kids in productive indoor activities.



“ Dealing with Grief and Loss during Covid-19 Pandemic ”

Dr. Sobia Aftab, Associate Professor related to grief, and stages of grief. She at Institute of Clinical Psychology, guided on emotional support strategies and University of Karachi, conducted adaptive ways of coping to deal with and the eighth virtual training session entitled manage grief related to the death of a loved one due to Coronavirus. The focus of her workshop was on teaching volunteers to help "Dealing with Grief and Loss-During Covid-19 Pandemic" on Thursday, 23rd April 2020, for volunteers of Covid-19 Mental Health. She discussed different grief reactions, myths their clients deal with the grief and loss they are experiencing after the death of loved ones.



“ Healthy Lifestyle in Prevention and Management of Covid-19 ”



Webinar entitled “Healthy Lifestyle in Prevention and Management of Covid-19” was arranged for the faculty, students and Mental Health Helpline volunteers to get an understanding of the changing lifestyle dynamics in wake of the pandemic. Dr. Ali Imran, MBBS, MD, MPH, Postdoc Research Fellowship Emergency Medicine Global Public Health, that Telehealth/Tele Psychology Director, TeleGlobal Health Center was the resource person. Dr. Ali discussed at length how to keep one's self safe from Coronavirus. He talked about the role of quality sleep and sleep hygiene during pandemic. Dr. Ali highlighted the importance of a healthy lifestyle; he was of the opinion that a shift towards a healthy lifestyle has become pertinent to address the physical and mental health concerns that are likely to arise during post-Covid period in Pakistan. Take home message was that Telehealth/Tele Psychology has become the need of the hour for online learning, teaching, and counseling of clients with medical and psychological needs.

“ Empathizing and Supporting Elderly During Covid-19 ”

IAP University of the Punjab, Lahore organized a webinar entitled "Empathizing and Supporting elderly during Covid-19" on 24th June, 2020. The resource person further discussed the physical and mental challenges in late adulthood and highlighted the biopsychosocial factors that contribute to successful aging. Attendees took great interest in learning strategies to empathize and support the elderly at this crucial period of Covid-19 pandemic and shared their experiences. The key objective of this webinar was to bring awareness about the concept of empathy and how to



“Physical Distancing the Real Meaning”

Institute of Applied Psychology basically physical distancing as we organized a webinar entitled all are socially connected through Physical distancing – the real different mediums and are just meaning' on 12th June, 2020. physically apart. Miss Mirat Gul, Senior Clinical Take home message was that Psychologist at Punjab Institute of despite being physically apart, we Cardiology and the Vice President must be emotionally available to of PACT was the resource person. people around us, only then we can Miss Mirat highlighted how the successfully pass through the current social distancing is stressful times of pandemic.



“Covid-19: How to Manage Stress & Anxiety with the help of Rational Emotive Cognitive Behavior Therapy”

Director, faculty, and Therapy expert. For students and students of IAP, along Mental Health Helpline volunteers, with Mental Health it was a great opportunity to Helpline volunteers, attended an understand the dynamics of Instagram Live Session organized pandemic and learn how to manage under Rational Living Inc by Saima stress and anxiety of callers of Salman. helpline with the help of Rational The resource person was “Dr. Emotive Cognitive Behavior Windy Dryden” who is a world- Therapy. renowned Cognitive Behavioral



“REBT and Coping with the Covid-19 Pandemic”

Covid-19 Mental Health how people think and perceive the Helpline volunteers situation impacts their emotions. attended the registered She emphasized counting the session on “REBT and Coping blessings during the lockdown and with the Covid-19 Pandemic” by pandemic. Dr. Debbie Joffe Ellis highlighted that REBT is a holistic approach and a way of life for those who choose it. Dr. Debbie Joffe Ellis, the globally renowned therapist. She focused that it's not the situation that creates negative emotions, in fact





IAP COLLABORATIVE VIRTUAL TRAINING SESSIONS

Our Mental Health in Times of Covid-19



A Webinar in collaboration with Department. of Psychiatry, Michigan State University, USA was conducted entitled “Our Mental Health in Times of Covid-19” by Dr. Farha Abbasi, Assistant Professor Department of Psychiatry, Michigan State University, USA. Dr. Farha emphasized the mental health of front-line workers, especially psychiatrists and psychologists. She trained the volunteers of Institute of Applied Psychology, on how to maintain work-life balance and talked about the negative psychological effects of excessive social media usage. She discussed gratitude and religious coping techniques as being most effective during uncontrollable stressors especially when the timeline is not known.

“ Helpline Tips to Deal with Covid-19 Stress: A Psychological Guide ”



A training session with International Speakers was arranged by Dr. Fatima Kamran, Senior Clinical Psychologist and Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore on Wednesday 15th April 2020, on “Helpline Tips to Deal with Covid -19 Stress: A Psychological Guide” for volunteers of Covid -19 Mental Health Helpline. She guided volunteers about how to manage feelings of stress, anxiety, or distress associated with Covid -19, and helpful resources and support. International speakers, Mr. Ahmad Mursaleen, Vice President, Deutsche Bank, London, UK, Dr. Fatima Ahmad, Medical Specialist, Geneva, Switzerland and Ms. Naureen Arif, Educationist, London, UK also shared their expert opinions on subject matter and guided volunteers on how to deal with stress during Covid -19. The experts highlighted some encouraging and motivating facts about Pakistan's role in management of Covid -19 pandemic.

IAP Collaboration with UHS



Institute of Applied Psychology, University of the Punjab, Lahore facilitated the Governor’s Telemedicine Center at University of Health Sciences Lahore by providing volunteer psychologists. A huge response by our psychology community to volunteer during these difficult times was much appreciated.

“Psychosis in Children and Adolescents”



IAP, arranged a webinar on “Psychosis in Children and Adolescents”. Dr. Irfan Mian, Assistant Professor at the University of Toronto (Canada), Department of Psychiatry, Division of Child and Youth Mental Health was the presenter. Dr. Mian is actively involved in undergraduate and postgraduate medical education as well as creative professional activities focused on education with physician groups, public/community education and interdisciplinary education. He discussed assessment and management strategies including the “Canadian Guidelines for the Pharmacological Treatment of Schizophrenia Spectrum and other Psychotic Disorders in Children and Youth”. The session was moderated by Dr. Arshad Mehmood (Psy.D, RP, Director York Psychological Services, Canada). Covid-19 Mental Health Helpline volunteers of IAP, students, faculty, and international participants attended the webinar.

“ Navigating Mental Health during Covid-19 Pandemic ”

JV by Universities of Malaysia & USA



Volunteers of Covid-19 mental health helpline, students, and faculty of the Institute of Applied Psychology, University of the Punjab, Lahore participated in a webinar on “Navigating Mental Health during Covid-19 Pandemic” on May 18th, 2020. The webinar was jointly arranged by The Association of Muslims in nurture and advocacy, University of Putra Malaysia and Department of Psychiatry Michigan State University. Dr.Siti Aishah stressed the importance of faith and spirituality during these unusual circumstances. Dr. Farah Abbasi talked about the ways to cope with an uncontrollable stressor and highlighted how uncertainty during times of pandemic has brought new challenges and new paths to progress.

“Sustenance of the Soul”



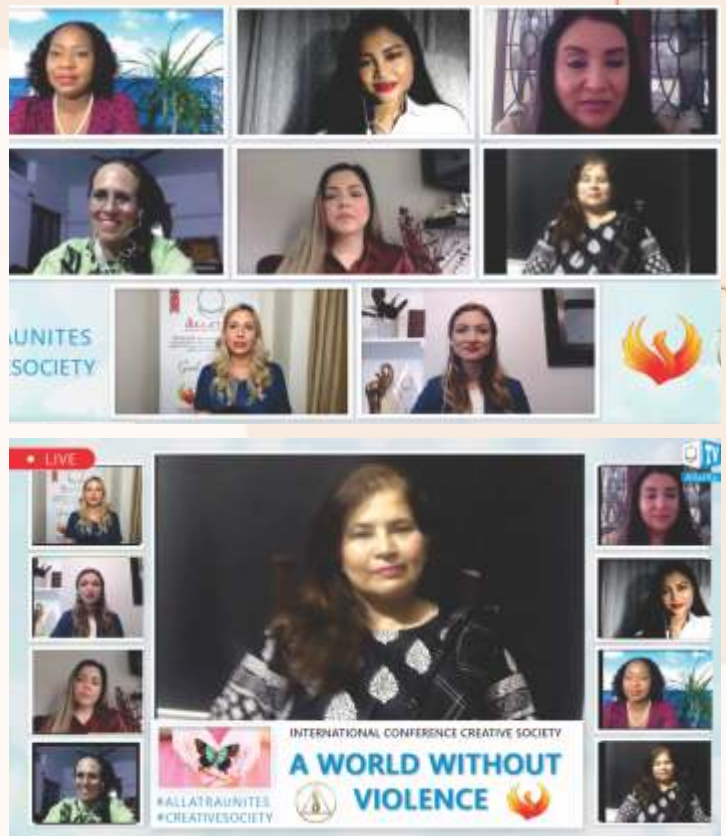
To keep up the spirit of Ramadan, faculty, students and volunteers of the Institute of Applied Psychology attended the webinar on “Sustenance of the Soul” by Prof. Malik Badri on May 23rd, 2020.

Dr. Badri is a Professor of Psychology at the International Institute of Islamic Thought and Civilization (ISTAC), Malaysia. He talked about human psychopathology as well as diagnoses of psychological ailments including stress, depression, fear, and anxiety, phobic and obsessive-compulsive disorders, together with their treatment through cognitive behavior therapy focusing on the Islamic dimension of the CBT.

He stressed the importance of a greater dimension i.e. to include the soul and the worship of God in the treatment of psychological disorders.



Second International Global Conference on Creative Society: A World without Violence



Faculty, students, and volunteers of Covid-19 Mental Health Helpline of IAP, attended the second International Global Conference on Creative Society: A world without violence. This conference was conducted by ALLATRA International Public Movement to raise awareness about the fact that violence of any kind should not be accepted by society. Speakers from many countries participated, including Karina Bermer: Founder of Hispanic America Now, USA, Ruckey Penial Oluwajuwon: Writer, host hope now conferences, Switzerland, AgitaPasaribu: Founder and CEO of Bullied Great Britain, Dr. Farha Abbasi, Assistant Professor, Department of Psychiatry at MSU, USA. Laurence Lecuyer: Ethnologist, Anthropologist and Professor at INAICD, France and Huma Kirmani: Published author and member of UN of Pakistan, Pakistan shared their views on how to reduce violence across the globe. Speakers emphasized the importance of human life, human freedom, human safety, transparency, and openness of information for all. They were of the opinion that creative ideology and development of personality play a major role in reducing violence.

“Say No To Bullying; Stand Up, Speak Up”

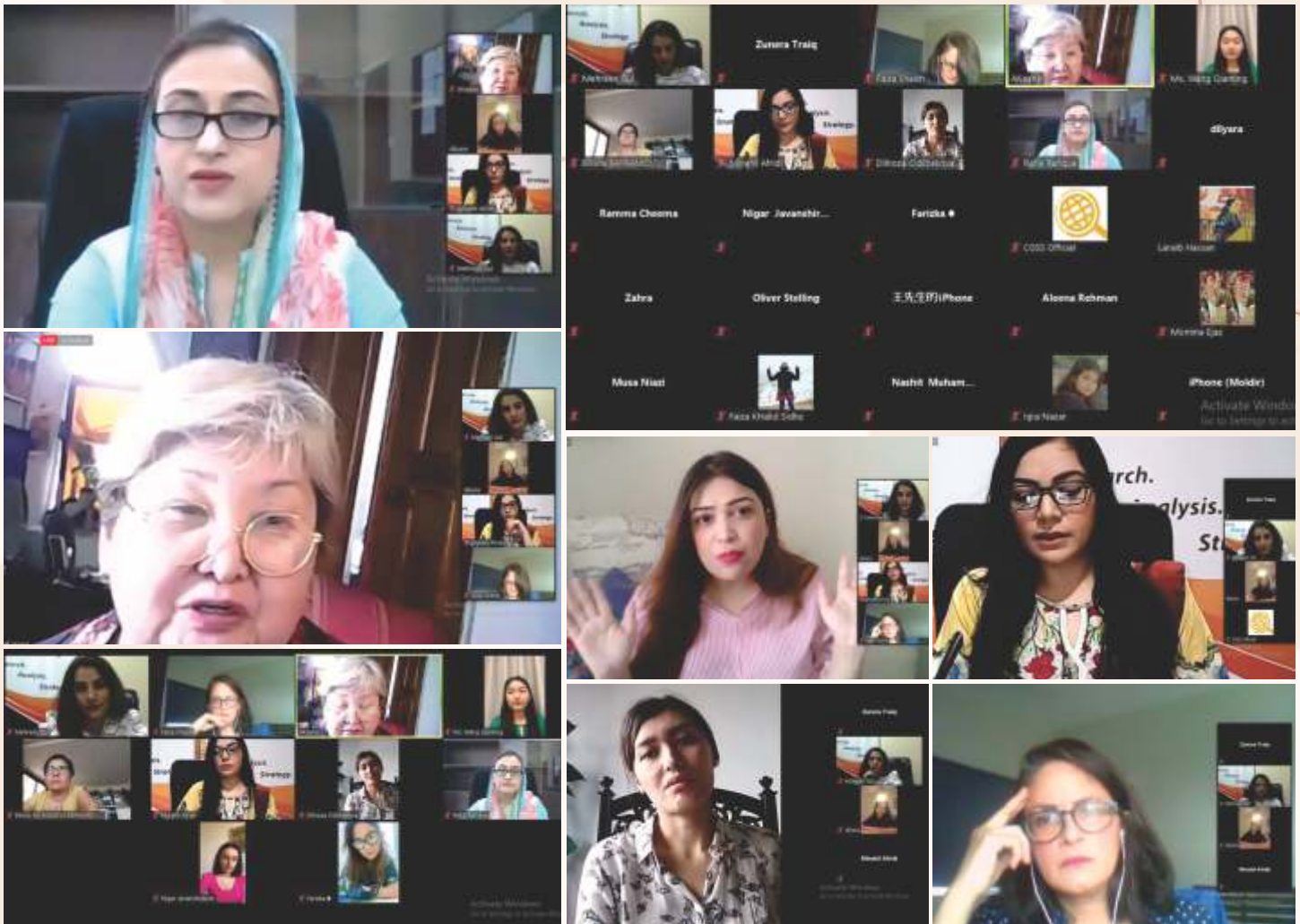


Institute of Applied Psychology, University of the Punjab, organized a webinar entitled 'Say No to Bullying; stand up, speak up' on 17th June 2020. The webinar was conducted by Dr. Fatima Kamran, Assistant Professor Institute of Applied Psychology, University of the Punjab, Lahore and included National &

International resource persons including Dr. Rafia Rafique, Director IAP, Ms. Cyma Salman, CEO Rational Living Institute Singapore and Ms. Naureen Mursaleen; educationist and counselor, London, UK. The online webinar aimed to develop awareness regarding Bullying by inviting school participants from Pakistan, UK,

Singapore, and Switzerland who shared their stories and experiences. The webinar was attended by a large audience who appreciated the idea of developing awareness. Take home message was “People who love themselves, don't hurt other people. The more we hate ourselves, the more we want others to suffer”.

“Covid-19 Chronicles: A Women’s Perspective”



Center for Global and Strategic Studies (CGSS), Islamabad, organized a webinar on "Covid-19 chronicles : A Women’s Perspective" on 29th June 2020. The aim of the webinar was to analyze how Covid-19 is impacting women and allow the respective authorities to respond effectively to their vulnerabilities. The session was commenced with the opening remarks by Ms. Mehreen Gul, Director CGSS, and among the speakers were Ms. Kaana Aidarkul (Chairperson, Kyrgyz Association of Women in the Security Sector), Dr. Rafia Rafique,

Director, IAP, Ms. Faiza Sheikh (Lawyer in the Jurisdiction of England and Wales), Ms. Kempir Bayeva Dilyara (First secretary, Embassy of the Republic of Kazakhstan to Pakistan), Ms. Nigar Javan shirzade (Project manager “Chamomile” Azerbaijani Diaspora Women's Network), Ms. Wang Qianting (Senior Correspondent, China Media Group, Beijing, China), Ms. Dilnoza Odilbekova (Association of Business Women Uzbekistan), and Ms. Ramma Shahid (Founder Beti, Media & Advocacy Expert, Pakistan). Speakers stressed the central role of

women in combating the pandemic and how it is important to recognize the immediate and long-term psychological needs of women.

They highlighted the contributions of female healthcare workers, doctors, nurses, and paramedics who are serving tirelessly at this crucial time. Moreover, they discussed the impact of Covid-19 on women in the business sector and how different organizations are extending legal support for women.

A large number of students and volunteers of IAP Mental Health Helpline participated in the webinar.



COVID-19
MENTAL
HEALTH
HELPLINE



MICHIGAN STATE
UNIVERSITY



IAP Memorandum of Understanding and International Collaboration With World Leading University

**An MoU of Institute of Applied Psychology,
University of the Punjab signed with Department of Psychiatry,
Michigan State University, USA**



Institute of Applied Psychology, University of the Punjab, Lahore signed MoU with Michigan State University, USA. The Memorandum of Understanding (MoU) incorporated webinar collaborations with the speakers and learned professionals from

this university. Volunteers were enlightened with the immense knowledge of great speakers from this foreign university and the volunteers learned a lot from the virtual sessions. They were informative and interesting at the same time as they brought forward

the perspectives from different corners of the world. Sharing knowledge is always beneficial and useful and surely this Memorandum of Understanding (MoU) remained highly beneficial for IAP students and volunteers of Mental Health Helpline.

IAP Collaboration with UHS



Collaboration with the University of Health Sciences' Telemedicine Service initiated by the Honorable Governor of Punjab, Ch. Muhammad Sarwar



Institute of Applied Psychology, University of the Punjab has collaborated with the University of Health Sciences' (UHS) telemedicine service initiated by the honorable Governor of Punjab, Ch. Mohammad Sarwar. Our volunteer psychologists are facilitating the UHS telemedicine helpline by actively participating and guiding people who were reporting mental health problems due to pandemic. In March, 2020, UHS established the tele-medicine Center for Corona virus (COVID-19) control and to help healthcare providers manage and mitigate the spread of deadly virus. The telemedicine Web portal and

Helpline was designed to aid people suffering from the Covid-19 and respond to their concerns related to novel coronavirus; doctors at the helpline provided 24/7 medical assistance to the callers. However, apart from the general concerns related to pandemic, most of the callers at the helpline reported psychological issues like anxiety, depression, sleep problems and obsessive compulsive disorder they were facing due to the unprecedented situation. To aid people manage their concerns and psychological problems, Institute of Applied Psychology stepped forward and rendered services of volunteer psychologists. Volunteers

from IAP offered regular assistance to the callers, listened to their concerns, and provided counseling to help them manage their psychological problems. In case of serious psychological issues, the callers were referred to senior volunteer psychologists for extended sessions. UHS administration lauded the volunteer services by IAP. IAP is the only mental health institute, which rendered services at the UHS telemedicine helpline keeping its tradition of taking the initiative and leading from the front. It was a great learning experience for the volunteers as well.

COVID-19 MENTAL HEALTH HELPLINE



One Minute Video Series By Director, Institute of Applied Psychology, University of the Punjab.



PUNJAB UNIVERSITY TELEVISION

پڑھتے رہو بڑھتے رہو



DR. RAFIA RAFIQUE

Director, Institute of Applied Psychology, University of the Punjab

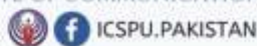
has initiated *1 Minute Video Series*
to help people stay positive during lockdown.

SERIES IS AVAILABLE ON **PUTV.Online**



Designed By: Iqra Rafiq Ahmad

INSTITUTE OF COMMUNICATION STUDIES



COVID-19 followed by a countrywide lockdown was an unprecedented crisis no one was prepared for. Being housebound for an indefinite period with no social interactions is an anxiety-inducing situation while to worsen it up is the looming fear of contracting the virus. In such stressful situations, having negative thoughts or getting depressed or anxious is normal; whereas to help people manage the stressful situation, Director Institute Applied Psychology Dr. Rafia Rafique, started a series of one-minute videos from the platform of University of the Punjab, instantly after the lockdown. In this series, she regularly shared tips on how to stay positive and happy amongst all the negativity and stressful life situations.

*Dr. Rafia Rafique
regularly shared tips
on how to stay positive
and happy amongst
all the negativity and
stressful life
situations.*

The tips were highly effective in keeping up the spirits of the students, professionals, frontline worker, housewives, parents, youth, children, and elderly followers whereas the short time duration (i-e one minute) instantly grabbed the viewers' interest while effectively delivering the message. Her enlightening series did not end and she keeps on sharing stress-management tips for specified populations like housewives, students, and according to specific occasions like Ramadan and Eid. In all of the videos, the take-home message for viewers is to "Think Positive, Be Optimistic, and Stay Happy!"



IAP LAUNCHED THE COVID FREE PAKISTAN CAMPAIGN

The latest edition of the IAP inventory is the launch of the 'Covid-free Pakistan' campaign. Covid-19 positive cases kept on increasing in Pakistan, but despite the surge, people are not following the SOP's the way this critical situation demands.

The reality is, that no government or lockdown alone can protect people from the pandemic, unless people themselves understand the situation and follow SOPs.

People need to take care of themselves and others by adhering to the SOPs because of the unique nature of the spread of this virus. So, to address the non-adherence of SOPs by the masses, IAP launched the "Covid free Pakistan" campaign to spread awareness among the

people.

The first part of this campaign was to educate people on how important it is to wear face masks. Faculty and students of IAP sent their photos wearing masks so that the message is distinctly conveyed that masks are important for the safety of people and their loved ones.

In the next stage children from all over the Pakistan sent us their photos, wearing masks and with different slogans conveying the most important message, i-e, to observe safety measures and follow SOPs, for the safety and wellbeing of loved ones. Parents' contribution shows the popularity and reaches of the initiative taken by IAP. These contributions and valuable messages were compiled in the form of videos

and spread on different social media platforms. Through this campaign is still in progress and we are taking new steps to further increase the extent of the awareness campaign day by day.

The reality is, that no government or lockdown alone can protect people from the pandemic unless people themselves understand the situation and follow SOPs.

IAP Mainstream Media Coverage



gnnhd.tv [f /gnnhd.tv](#) [t /gnnhdofficial](#) [y /gnnhdofficial](#)



[gnnhd.tv](#) [f /gnnhd.tv](#) [t /gnnhdofficial](#) [y /gnnhdofficial](#)



All the efforts and services of IAP for the wellbeing of the masses were appreciated, as IAP has been widely covered by numerous media channels for its great services to the society, especially related to the Covid-19 situation. This reflects immense dedication and the

commitment of the volunteers of this helpline, which gave Institute of Applied Psychology, University of the Punjab and Mental Health Helpline, marked recognition nationwide. Director, IAP Dr. Rafia Rafique is the visionary leader of Institute of Applied Psychology, University of the Punjab

and she has represented this prestigious institute at numerous platforms, highlighting the philanthropic services IAP is providing. IAP goes online on Facebook, Instagram, Twitter Official page of Institute of Applied Psychology, University of the Punjab, Lahore.

+ STOP THE SPREAD OF COVID-19 +

LOWER YOUR RISK



**WEAR A FACE COVERING IN PUBLIC SPACES, WASH
YOUR HANDS, AND STAY 6 FEET AWAY FROM OTHERS.**



**OUR IAP COMMUNITY IS
SAFER BECAUSE WE DO OUR PART.**



**WASH YOUR
HANDS**



**STAY
APART**



**WEAR A
MASK**



COVID-19
MENTAL
HEALTH
HELPLINE



DO OR DIE

IT'S ALL IN YOUR HAND






Take care of your Mental Health



Designed & Printed by ADOPTIONS 0333 4359920



A Public Service Message by IAP
University of the Punjab,
Quaid-e-Azam, Campus,
Lahore-Pakistan.
www.pu.edu.pk

 facebook.com/IAP.PU.Pakistan/
 [@instituteofappliedpsychology](https://www.instagram.com/@instituteofappliedpsychology)
 [@iap_pu](https://www.twitter.com/@iap_pu)