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# IAP CHRONICLES

INSTITUTE OF APPLIED PSYCHOLOGY, UNIVERSITY OF THE PUNJAB

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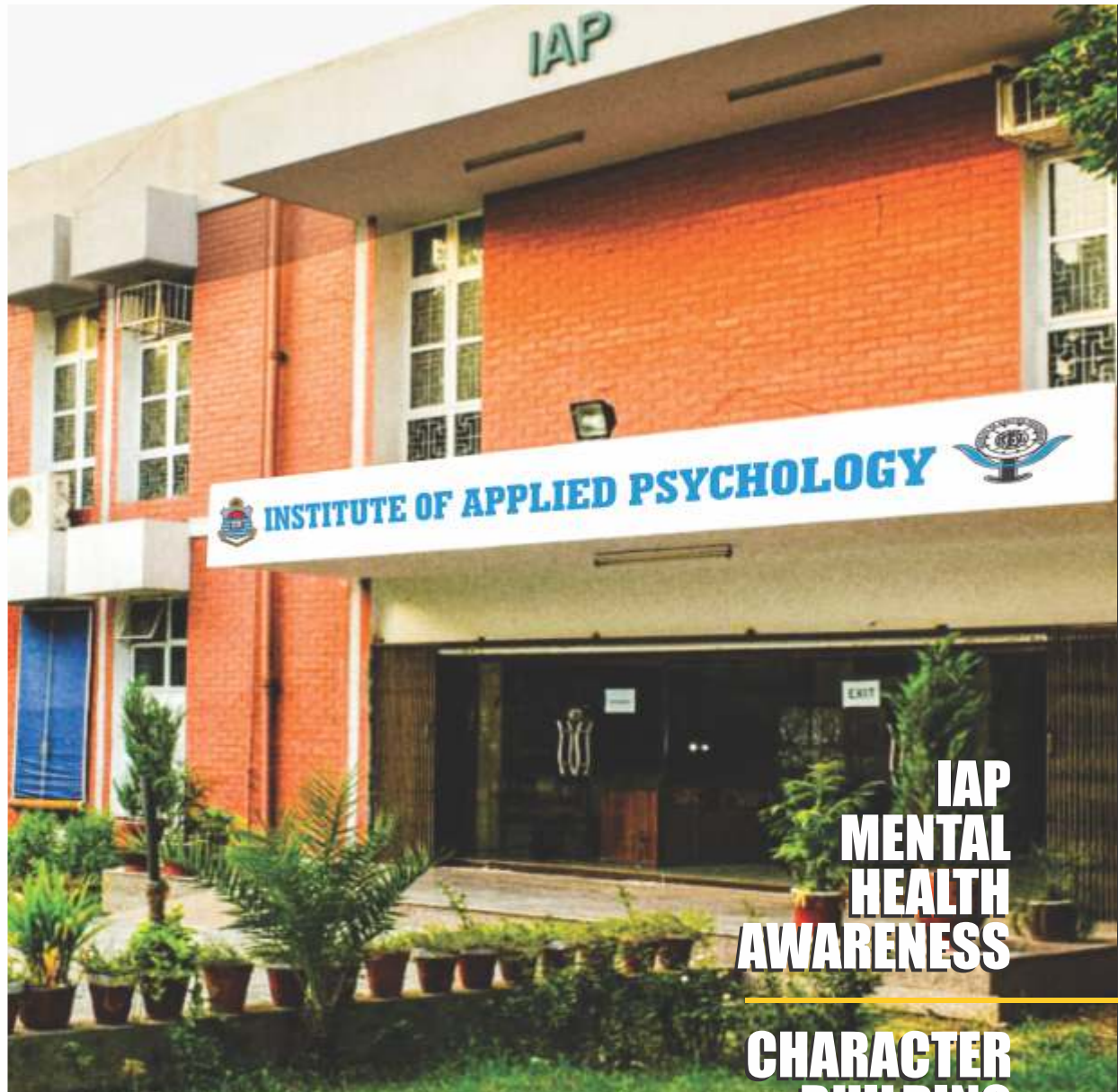
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# IAP CHRONICLES

INSTITUTE OF APPLIED PSYCHOLOGY, UNIVERSITY OF THE PUNJAB

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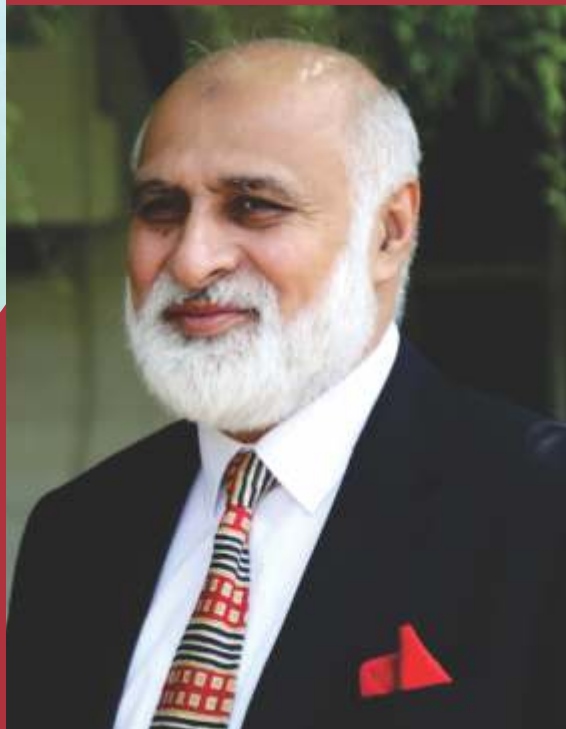
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**Professor Dr. Niaz Ahmad Akhtar (SI)** holds a Ph.D. in Chemical Engineering from the University of Leeds, United Kingdom. He has done his undergraduate in Chemical Engineering from the University of Punjab. Previously, he served as the rector of 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

**G**enerosity 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.

  
Prof. Dr. Niaz Ahmad Akhtar  
Vice Chancellor



# Message from Dean

**Prof. Dr.  
Umbreen Javaid**  
Faculty of Behavioral  
and Social Sciences  
University of the Punjab



**P**entire world. It was worst of the times that lead to an emergency situation. Not only the world's economy got affected, the negative psychological and social impact was devastating for low income countries. It's heartwarming to see the Institute of Applied Psychology understanding the gravity of the situation and taking the timely action to address the mental health needs of public at large emerging due to Covid-19 pandemic. By setting up of Covid -19 mental health helpline, awareness campaigns and virtual training sessions, IAP made University of the Punjab proud. IAP's selfless services towards enhancement of well-being of the masses is indeed commendable. Best wishes for the faculty, students and volunteers of IAP for future endeavours. Keep Going!

# Message from Director

**Prof. Dr.  
Rafia Rafique**  
Institute of Applied  
Psychology  
University of the Punjab



**C**ovid-19 Pandemic took over the entire world as a frightening and menacing spell and in a matter of days so many countries got affected, lost lives and livelihood. In no time, the world's economy started to collapse. The worst time of 21<sup>st</sup> century; medical, psychological emergency was witnessed on the daily basis.

Ministry of Health on 27<sup>th</sup> February, reported the first two Covid-19 cases in Karachi. Keeping in mind one of the founding aims of the IAP, that was to render psychological services to the public in various fields related to Education, Mental Health, 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 Pakistan joined hands at a virtual conference arranged by the IAP. The purpose of the conference was to design a protocol for volunteers of Mental Health Helpline in the wake of Coronavirus. We were Alhamdulillah fortunate that the mental health helpline was joined by faculty, students, clinical and health psychologists from all over the Pakistan. The objective of these services was to help people overcome issues related to corona anxiety, stress, anxiety, depression, sleep problems, the stress of online classes, anger, aggression, marital, and other related issues.

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 MENTAL HEALTH PROFESSIONALS

“



**Dr. Zarghuna Naseem**  
Assistant Professor,  
Lahore Garrison University

**T**he COVID-19 pandemic is an unprecedented challenge for our community. A big thanks to Prof. Dr. Rafia Rafique, Director IAP, for keeping us all informed and updated on the psychological and mental health issues that prevailed in the context of a global pandemic. The online mental health helpline has helped many in navigating through issues like depression, anxiety, and loneliness that were experienced as an aftereffect of social distancing and lockdowns.

“



**Prof. Dr. Imtiaz Ahmad Dogar**  
President  
Pakistan Psychiatric Society.

**I**nstitute of Applied Psychology has justified its patronage in building an academic atmosphere to promote professionalism in future psychologists. The institute has shown true dedication especially during the times of pandemic to prove that it has the power to rise above any situation and deliver the best no matter what the circumstances are. Under the guidance of Prof. Dr. Rafia Rafique, IAP has volunteered true services for education, awareness, and community services like provision of assistance in improving mental health, training of students and professionals in enhancing knowledge, and critical thinking.

“



**Prof. Dr. Amina Muazzam**  
Chairperson Department of  
Psychology, LCWU

**M**y affiliation with IAP lasted for more than two decades, from student to Ph.D. examiner. During this long time, I have learned many lessons which include positively rich endowments and storied histories. In my role as an examiner for MS and Ph.D. dissertations, I found that the merit and quality of research is progressing day by day. What distinguishes IAP from other institutions is its high concentration of talented faculty, researchers, strong Alumni, students and above all its freedom, autonomy, and great leadership.



COVID-19  
MENTAL  
HEALTH  
HELPLINE



“



**Dr. Rabia Mushtaq**  
Assistant Professor,  
Institute of Clinical  
Psychology,  
University of Karachi.

I would like to express my gratitude to Prof. Dr. Rafia Rafique, Director IAP, for providing me the opportunity to contribute from the forum of IAP and deliver a live talk on Suicide Prevention. During the Covid-19 pandemic, the role of IAP, has been remarkable. It has been a great initiative that she has taken with her team and developed a nationwide professional platform to serve humanity through online awareness campaigns, Tele-counseling services, seminars, and webinars.

“



**Dr. Usman Rasheed Ch.**  
Executive Member  
Fountain House,  
Lahore.

I, Dr. Usman Rasheed Chaudhry, Executive Member Fountain House, feel immense pleasure in sharing my views about IAP. It is a great institute with impressive work they did during pandemic on psycho-education and preventive education to fight against COVID- 19. The responsibility taken by Director Institute of Applied Psychology, University of the Punjab Prof. Dr. Rafia Rafique and her team is highly commendable

“



**Dr. Mirrat Gul Butt**

Senior Clinical  
Psychologist Department  
of Psychiatry and  
Behavioural Sciences  
Mayo Hospital Lahore

The responsibility of mental health professionals and especially psychologists has increased during pandemic to help those who cannot manage their lives during difficult time. Considering the situation of a third-world country like Pakistan, the initiative of the Institute of Applied Psychology is commendable in gathering resources and trying to reach out to people to spread mental health awareness. It is indeed a great human service.

## Messages from Alumni of IAP



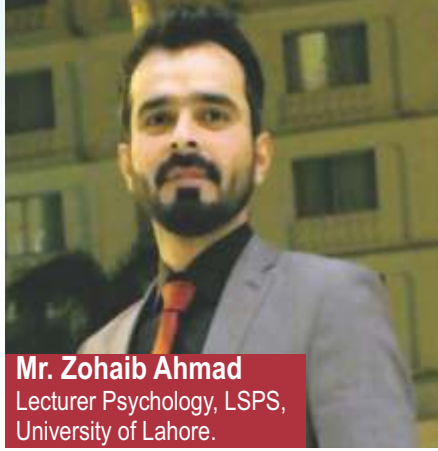
**Ms. Sana Nisar**  
Prison Psychologist,  
District Jail, Multan.

The Institute of Applied Psychology has given me a platform where I have been able to explore the world of knowledge. I owe my success to my teachers and mentors of IAP. They are making a huge impact on the lives of the students and they will make a mark in the society with their dedication, hard work, and talents.



**Ms. Zarnosh Sarwar**  
Health Psychologist, Children's Hospital  
and University of Child Health Sciences Lahore.

Institute of Applied Psychology has introduced me to the world of knowledge. I have gained professional skills under the Health Psychology Training Program. I'm highly indebted to my teachers and everyone at the Institute for not only my academic success but for my professional growth as well. I credit my success to my alma mater IAP.



**Mr. Zohaib Ahmad**  
Lecturer Psychology, LSPS,  
University of Lahore.

During my four academic years, this amazingly designed diverse institute under the supervision of the honorable and worthy Director, Prof. Dr. Rafia Rafique, provided us with talented and smart resource persons that enabled a professional environment for learning and growth and allowed me to succeed in many ways, as well as increase my self-development skills.



**Ms. Hamna Zahid**  
Research Associate for Journal of  
Behavioural Sciences (JBS), IAP

I recall my 6 years journey at the IAP as the priceless journey of my life. It is an honor for me to be associated with the Institute as the Research Associate for the Journal of Behavioral Sciences (JBS) and to be a part of the unprecedented efforts that the Institute has taken throughout and especially during the times of COVID-19 pandemic. I wish the best for IAP and pray it proliferate and flourish in the future as well.

## Staff at IAP



**Mr. Moeen-Ul-Haq** (Asstt. Incharge Accounts, IAP.)

اپلانڈ سائیکالوجی انسٹیٹیوٹ میں اپنی خدمات سرانجام دینا میرے لئے عزت کی بات ہے۔ میں ڈائریکٹر ڈاکٹر رافیہ رفیق کا ادارے کو اتنا اچھا چلانے پر مبارکباد دیتا ہوں اور ورکنگ اسٹاف کی طرف سے انکا شکریہ ادا کرتا ہوں۔



**Mr. Haseeb Ahsan** (Lab Assistant, IAP.)

اپلانڈ سائیکالوجی ڈیپارٹمنٹ میرا فخر ہے اور یہاں کام کرنا میرے لئے ایک عزت کی بات ہے۔ ایک ہیلتھی ورکنگ انوائرنمنٹ دینے کے لئے میں ادارے کی لیڈرشپ کا بہت مشکور ہوں



**Mr. Salman Nasir** (Junior KPO, IAP.)

اپلانڈ سائیکالوجی ڈیپارٹمنٹ میں کام کرتے ہوئے مجھے بہت عرصہ ہو گیا اور میں یہاں کی ڈائریکٹر ڈاکٹر رافیہ رفیق کو ادارے کو میری پرچلانے کے لئے بہت مبارکباد پیش کرتا ہوں۔



COVID-19  
MENTAL  
HEALTH  
HELPLINE



## Messages from Ph.D. Scholars of IAP



**Ms. Beenish Najam**  
Ph.D. Scholar, IAP.

I must say that the Institute of Applied Psychology is the best institute for learning, personal growth, and research with well-equipped and experienced faculty and leadership. IAP has launched its free COVID-19 Mental Health Helpline during pandemic to facilitate the public which is highly commendable. My stay in IAP has acquainted me with great vision for life and has increased the horizon of my knowledge.



**Ms. Zubana Afzal**  
Ph.D. Scholar, IAP.

I proudly introduce myself as a Ph.D. Scholar of prestigious Institute of Applied Psychology, University of the Punjab, Lahore. I have learned practical and critical research from highly qualified and professional faculty members while doing MS in Health Psychology from this Institute. Improvements in IAP in the last two years made a great impact on the canvas of Higher Education in the field of Psychology in Pakistan. Thanks to Director Prof. Dr. Rafia Rafique and the faculty of IAP for making efforts to provide a friendly and professional learning environment for students.



**Mr. Muneeb-Ul-Haq**  
Ph.D. Scholar, IAP, Psychologist in SPD, Ministry of Defense

I want to thank Institute of Applied Psychology for everything. I value and respect it's remarkable talents that fuel our mutual efforts. The teachers are very great to work with and truly appreciate the time and effort they put in; their enthusiasm for developing our efforts is truly inspirational. They have supported and enhanced my skills to succeed. Being a positive influence in society, I prove that I belong to Institute of Applied Psychology, University of the Punjab.



**Ms. Hajra Fareed**  
Ph.D. Scholar, IAP.

Institute of Applied Psychology has been at its prime through the ups and downs that have been going around. The devotion, dedication, and managerial strength of its Director Prof. Dr. Rafia Rafique, faculty, and team is quite appreciable. The promoting activities such as webinars, seminars and workshops have been awakening. Being a part of this prestigious Institute is a matter of pride as it provides great opportunities for growth and learning. A lot of prayers for Institute of Applied Psychology, its growth, prosperity and success in future endeavors

# Messages from Current Students



**Ms. Aqsa Khalid**  
MS Health Psychology  
Trainee at IAP.

I feel proud to say that the Institute of Applied Psychology is one of the finest institutions in Pakistan. IAP has commendable teaching faculty and leadership to excel in every domain of education. I am indebted to the worthy Director Prof. Dr. Rafia Rafique for enduring meritocracy and providing learning opportunities to every student by arranging webinars in the uncertain times of COVID-19 pandemic.



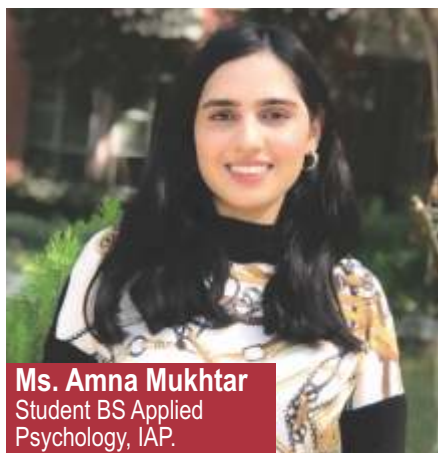
**Ms. Maira Aziz**  
M.Phil. Scholar at IAP.

My name is Maira, IAP has given me the best years of my life that are filled with growth, excitement, responsibility, and the most amazing friends I could ever ask for.



**Ms. Azka Latif**  
MS Health Psychology  
Trainee at IAP.

The Institute of Applied Psychology, University of the Punjab is proving to be a great place for learning and adding tons to my knowledge. It has given me the best years of my life and turned me into a better person. The kind Director, Prof. Dr. Rafia Rafique, and supportive teachers made my journey a lot easier yet full of learning experiences.



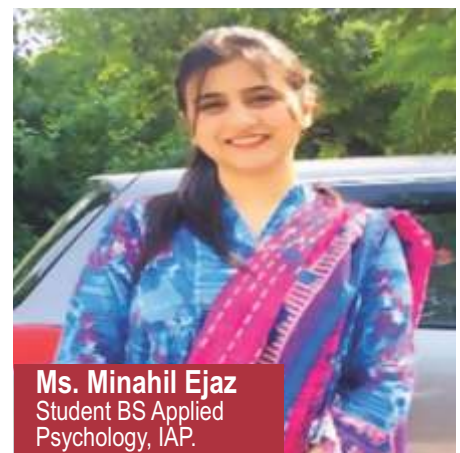
**Ms. Amna Mukhtar**  
Student BS Applied  
Psychology, IAP.

My name is Amna, Institute of Applied Psychology is a very welcoming place and I am having an incredible time here under the guidance of my teachers and seniors.



**Ms. Ayesha Tahir**  
M.Phil. Scholar at IAP.

I am proud to be a student of Institute of Applied Psychology, University of the Punjab as this Institute has its own worth. I admire the faculty and staff as they are all very cooperative and humble. Institute of Applied Psychology, University of the Punjab has the best teaching methodologies and engage us in many social activities as well which help us grow and learn more.



**Ms. Minahil Ejaz**  
Student BS Applied  
Psychology, IAP.

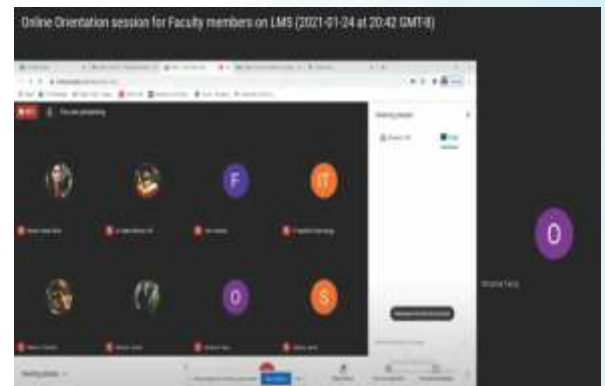
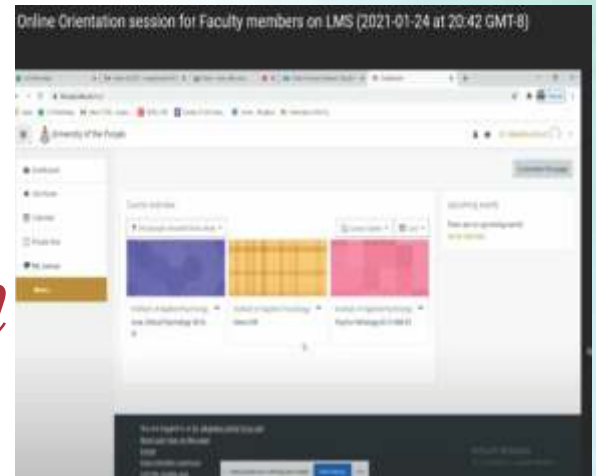
My name is Minahil, IAP has been a worthy place that offered great learning experiences to me. This institute has made me into a better person. The supportive teachers and friendly seniors have made this journey a lot easier.



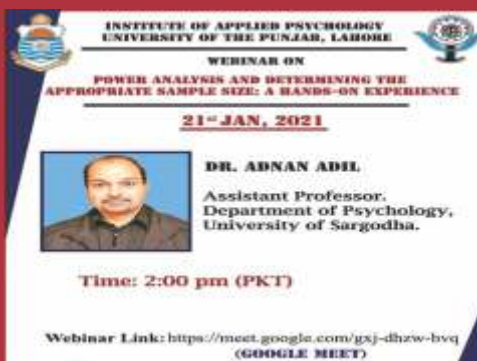
# Co-Curricular Activities at IAP

## *LMS Orientation Refresher Session for IAP Faculty*

The Examination department and IT team of Institute of Applied Psychology, University of the Punjab conducted an Online Refresher Orientation session about exams using LMS (Learning Management System) for the visiting faculty members of the Institute of Applied Psychology on 25<sup>th</sup> January, 2021. The training provided orientation on paper construction, online invigilation, and management of students' queries during exams that will be conducted online amidst the COVID-19 crisis.



## Power Analysis and Determining the Appropriate Sample Size: A Hands-on Experience by Dr. Adnan Adil



Institute of Applied Psychology, University of the Punjab arranged a webinar entitled 'Power Analysis and determining the appropriate sample size: A hands-on experience'. The webinar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology, and the guest speaker was Dr. Adnan Adil, Assistant Professor, Department of Psychology, University of Sargodha. Dr. Adnan in detail explained the use of power analysis and further elaborated the concept of appropriate sample size. He explained the G-power method and talked about the various ways to calculate the appropriate sample size for research. At the end of the session, questions from the students and their queries regarding power analysis were answered by Dr. Adnan Adil.



# “ Neuropsychological Assessment and its Application

by Prof. Dr. Najma Najam,  
Professor Emeritus, IAP

**INSTITUTE OF APPLIED PSYCHOLOGY  
UNIVERSITY OF THE PUNJAB, LAHORE**

**WEBINAR ON  
NEUROPSYCHOLOGICAL ASSESSMENT  
AND ITS APPLICATION**

**26<sup>th</sup> JAN, 2021**

**PROF. DR. NAJMA NAJAM**  
Professor Emeritus,  
Institute of Applied Psychology,  
PU, Lahore.

**Time: 2:00 pm (PKT)**

**Webinar Link:** <https://meet.google.com/imh-mkkf-mfc>  
**(GOOGLE MEET)**

facebook.com/IAP.PU.Pakistan/  
@instituteofappliedpsychology  
@iap\_pu

Institute of Applied Psychology, University of the Punjab arranged a webinar entitled "Neuropsychological Assessment and its Application" on 26th January, 2021. The webinar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology. The resource person for the webinar was honorable Prof. Dr. Najma Najam, Professor Emeritus, Institute of Applied Psychology, University of the Punjab, and it was moderated by Dr. Fatima Kamran, Associate Professor at the Institute of Applied Psychology. Dr. Najma Najam focused on the development of modern neurological assessment measures. While talking about cognitive neuroscience, she described the perspectives of different paradigms, explained different brain areas, their functioning, and application of various test batteries. The webinar focused on understanding of brain functioning, along with the scoring of structured tests. The webinar was live-streamed on the official Facebook page of IAP, University of the Punjab.

## Impact of Childhood Stress on Later Life Health by Ms. Farah Tawana

IAP, University of the Punjab arranged a webinar entitled "Impact of Childhood Stress on Later Life Health" on 2<sup>nd</sup> February, 2021. The resource person was Clinical Psychologist, Ms. Farah Tawana, who holds MS from Kings College London, UK. She is involved in research and teaching at Fatima Memorial Hospital and Medical and Dental College. Ms. Farah discussed the basics of stress and moved towards the causal factors of childhood stress with reference to ACE study and its impact on later-life. Further she focused on the psychobiology of stress and the consequent effect on the physical and mental health. Ms. Farrah shared different management and intervention plans, i-e 7As, to deal with the stress. The crux of the webinar was that though early life stress negatively affects later-life health, there is also a capacity for growth and healing which involves proactive working on the emotional, psychological and spiritual self. The webinar was moderated by Ms. Zunera, Research Associate at IAP. The webinar was live streamed through Institute of Applied Psychology, University of the Punjab Facebook.





## “Altruism in Covid Era”

by Dr. Saleha Javed



A promotional poster for a webinar. At the top, it says "INSTITUTE OF APPLIED PSYCHOLOGY UNIVERSITY OF THE PUNJAB, LAHORE". Below that, "WEBINAR ON ALTRUISM IN COVID ERA" in large red letters, followed by "11th FEB, 2021". A photo of Dr. Saleha Javed is shown next to her name and credentials: "Dr. Saleha Javed, M.Sc. Clinical Psychology PhD, Malaysia." At the bottom, it states "Time: 4:00-5:00 pm (PKT)".

IAP arranged a webinar entitled “Altruism in Covid Era” on 11th February, 2021. The webinar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology. The resource person was Dr. Saleha Javed who has done PhD from Taylors University Malaysia. Dr. Saleha discussed the basics and dynamics of altruism and the impact of pandemic on altruistic behaviour of the people. She highlighted that government and religious personalities played imperative role in managing the pandemic and its psychological consequences. She shed light on the impact of altruism on mental health with special focus on the underlying mechanisms. The crux of the webinar was that hard times like pandemic test an individual's character and it's only through compassion and collective kindness that communities prosper. Prof. Dr. Rafia Rafique concluded the session on the note that post-pandemic has changed the world's dynamics and with selflessness and empathy we can move forward. The webinar was moderated by Ms Zunera, Research Associate at IAP. The webinar was live streamed through IAP Facebook.

## “Faculty Mental-Wellbeing during COVID-19 ”

By Prof. Dr. Rafia Rafique

Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique, conducted a webinar on “Faculty Mental Wellbeing during COVID-19”. She highlighted the stressors faced by faculty members amidst pandemic. Dr. Rafia Rafique stressed on the time management and stress management and discussed the ways through which anyone especially faculty members can steer themselves out positively and happily amid these unusual circumstances of the pandemic. Prof. Dr. Rafia articulated certain ways to manage and reduce stress through emotional ventilation, positive self-talk, gratitude building, a balanced diet, and sleep hygiene. Institute of Applied Psychology believes in community service by providing mental health awareness through webinars. The webinar was live-streamed on Facebook by the University of Education.

A promotional poster for a series of webinars. It features the University of Education logo and the text "Webinar for the month of February, 2021". Four circular portraits of speakers are shown: Dr. Sadia Shaukat (Moderator), Dr. Alastair Creelman (Specialist E-Learning, Uppsala University, Sweden), Dr. Rebecca Kanak Fox (Professor of Education, George Mason University Fairfax, Virginia), and Professor Dr. Rafia Rafique (Director of Applied Psychology, University of the Punjab). A vertical banner on the right says "Series of Webinar". Below the portraits is a table with the following data:

Date	Time	Webinar Title
15-02-2021	12:00PM (PST)	Online education – lessons learned from the pandemic crisis
16-02-2021	9:00 AM (PST)	Finding Opportunities in the Online Instructional Challenges from COVID-19
17-02-2021	12:00 PM (PST)	Faculty Mental Well-being during COVID-19

# Highlighting Mental Health Amid Pandemic; Role of Community Mental health Organizations.

*Guest Speaker:* Prof. Dr. Rafia Rafique

**OUR MENTAL HEALTH SERVICES COVER**

- > Managing COVID-19 Anxiety (Phobias, Obsessions and Panic).
- > Sad Mood.
- > Stress Management.
- > Anger Management.
- > Educational concerns.
- > Marital and Family issues arising due to lockdown.
- > Mental Health Issues of children/teenagers.
- > Sleep Disturbances.
- > Special Services: Advise on healthy life style and management of COVID-19.

**A VOLUNTEER SERVICE BY**

**COVID-19 MENTAL HEALTH HELP LINE**

Institute of Applied Psychology  
University of the Punjab  
New Campus  
Lahore

Contact US  
0313-3535500  
0324-4275111  
0308-6254356  
0337-6222646

**Recover & Grow**

**D**irector Institute of Applied Psychology, Prof. Dr. Rafia Rafique highlighted the importance of Mental Health amidst pandemic and role of community Mental health Organizations. The webinar was arranged by Dr. Farrukh Zahoor Ahmed Trust of Clinical Psychology, Karachi in collaboration with the Institute of Clinical Psychology, University of Karachi. While reflecting upon the Community Mental Health Organizations' Services in Punjab amidst pandemic, Prof. Dr. Rafia Rafique shared the initiatives which were taken by the Institute of Applied Psychology, University of the Punjab which included volunteer

services provided from the platform of IAP and the development of the first-ever Tele-Mental-Health helpline service in Punjab. The Tele-Mental-Health helpline took more than 250 volunteers on board who addressed the pandemic-related psychological distress of the people and helped them deal with the novel COVID-19 situation. For the training of the trainers, Institute of Applied Psychology organized first virtual conference to design the protocol for volunteers of Covid-19: Mental Health Helpline and this has been complemented with the series of webinars and training sessions by national and international experts. Apart from the indigenous Mental

Health Helpline by IAP, Tele-psychological services were also started in Punjab by IAP in collaboration with the government of Punjab. Dr. Rafia shared how IAP utilized different social media platforms and started a COVID-19 free Pakistan campaign to encourage people to follow SOPs. The rest of the speakers shared the community services provided by different organizations in their respective regions. They elucidated their role and services which they were endorsing for Pakistan. Speakers appreciated the role of Institute of Applied Psychology in providing volunteer community mental health services in Punjab.



# "Women in Leadership: Achieving an Equal Future in Covid-19 World"

MENTAL  
HEALTH  
HELPLINE



## A Collaboration between IAP & VU, Lahore

A webinar for celebrating Women's Day, 2021 was arranged by the IAP, the University of the Punjab in collaboration with Virtual University, Lahore on "Women in leadership: Achieving an Equal Future in Covid-19 World". Dr. Mohsin Javed, Registrar Virtual University, called attention to the role of women which are played by them as homemakers and as professionals regarding Pakistani society. He deciphered the struggles of marginalized communities, minorities, and women during the pandemic. Moreover, Prof. Dr. Rafia Rafique Director IAP, spotlighted the psychological impact of pandemic and lockdown on the psychological wellbeing of women. She brought forth the psychological needs of women and discussed them in detail. The essence of her address was that it's high time that communities should start recognizing the immediate as well as long-term psychological needs of women. While sharing the success of women leaders in culminating the spread of the coronavirus, Dr. Rafia Rafique recounted her hopes in women leadership in Pakistan. She asserted that equal involvement of women in decision-making is a crucial step to address the gender gap in Pakistan and for the growth of the communities. Dr. Somia Iqtedar, Associate Professor of General Medicine, KEMU, shed light on the gender biasedness in the healthcare sector and how women are sidelined in the decision-making task forces. Mr. Irfan Mufti, Deputy Executive Director, SAP-PK, endorsed the viewpoint of Prof. Dr. Rafia Rafique and stated how pandemic



increased the gender disparity in Pakistan. Through statistics, he delineated that women were severely affected by the lockdown as they had to balance their domestic and professional lives. Ms. Marry James Gill, Director Center for Law and Justice spoke about the struggles of minorities and women in Pakistan. She shared how it is a double pandemic for women minorities as they became more liable to face discrimination because of their gender. The Rector Virtual University of Pakistan concluded the webinar by giving the outlook that during pandemic women at home were the real frontline workers who had to manage domestic as well as professional duties side by side. The webinar was live-streamed at the official Facebook page of IAP.

## 2021 Women's Day Celebrations at IAP

Institute of Applied Psychology celebrated the Women's Day, 2021 for acknowledging the struggles of women to tread the tough trajectories of success and the impact of the pandemic on the mental health of women amid COVID-19 pandemic. For this, an awareness seminar regarding "Mental Health of Women during Pandemic" was organized. Moreover, a free "Mammography Camp" was arranged to create awareness regarding preventive measures against cancer and to provide facility of screening to University students and faculty members. "Singing and Poetry Competition" was also arranged in this regard. Students participated in the activities with full zeal and zest.



## “Mental Health of Women during Pandemic” by Dr. Muhammad Iqbal Naeem

The Institute of Applied Psychology, University of the Punjab arranged a seminar entitled "Mental Health of Women during Pandemic". Dr. Muhammad Iqbal Naeem, lecturer in Psychiatry, University of Manchester, UK was the resource person for the seminar. He spoke about all the dimensions of women sufferings during the pandemic, especially the mental health of women during these tough times. After Spanish flu, it's the Covid-19 that had hit the entire world. Although in numbers, more men are affected by Covid-19 as compared to women but women bear the brunt of Covid's effect on mental health more than men. House chores and lack of support are the major causes of anxiety and stress among women in the pandemic. Dr. Naeem further shared that domestic violence cases that had been exacerbated in the quarantine phase of the pandemic. In the end, he told the ways by which the mental health of women can be improved during the pandemic. The question and answer session was conducted in the end.

**INSTITUTE OF APPLIED PSYCHOLOGY  
UNIVERSITY OF THE PUNJAB, LAHORE**

**INTERNATIONAL WOMEN'S DAY 2021 CELEBRATION  
SEMINAR ON  
“MENTAL HEALTH OF WOMEN DURING  
PANDEMIC”  
8<sup>th</sup> MARCH, 2021**

**Dr. Muhammad Iqbal Naeem**  
Lecturer in Psychiatry,  
University of Manchester (UK),  
Best evaluator award for General  
Medical Council UK (GMC) and  
Royal College of Psychiatrists (RCPsych).

**Time: 9:30 am  
Venue: Auditorium, Institute of Applied  
Psychology.**

facebook.com/IAP.PU.Pakistan/  
@instituteofappliedpsychology  
@iap\_pu

## 2021 Women's Day Celebrations at IAP Free Mammography Camp



To ensure the safety of women, free “Mammography Camp” was organized by the Institute of Applied Psychology on 8th March, 2021

in collaboration with Lions Club of Lahore Host. Breast cancer is one of the leading causes of death in women; therefore, screening and early detection

is essential for timely intervention. To play its part, IAP organized this campaign to facilitate free screening of early onset of breast cancer.



# Poetry and Singing Competition



IAP arranged a "Poetry and Singing Competition" to celebrate Women's Day on 11<sup>th</sup> March 2021. Students from different departments and affiliated colleges participated in the Poetry and Singing Competition. For the poetry competition, candidates were

evaluated by the honorable judge, Prof. Dur-e-Anjum Arif from Queen Mary College. Prof. Dur-e-Anjum has written several books which have been widely recognized at the national and international levels. Prof. Dur-e-Anjum applauded the young poets and their orientation

while evaluating the content of their poetry. She announced separate winners for English and Urdu poetry. For the singing competition, auditions were held a day before and the shortlisted candidates were invited to the main event to sing. Dr. Fatima Kamran (Associate





Professor, IAP) and Dr. Saima Ghazal (Associate Professor, IAP) were the esteemed judges for the singing competition. Apart from the winners, consolation prizes were given to the deserving participants from both competitions to encourage them in their efforts. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique concluded the event on the note that the physical and psychological wellbeing of students is essential for the healthy growth of a society and such activities play a crucial role in this. Prof. Dr. Rafia Rafique thanked the esteemed judge Prof. Dur-e-Anjum Arif, Dr. Fatima Kamran, Dr. Saima Ghazal, Dr. Afifa Anjum, Ms. Zunera, Mr. Usama and the IT team of Institute of Applied Psychology, University of the Punjab, and all the volunteer organizers. The Poetry Competition and announcement of winners was live-streamed on the official Facebook page of Institute of Applied Psychology, University of the Punjab.



Prof. Dur-e-Anjum Arif





# GLIMPSES FROM IAP ANNUAL SPORTS GALA 2021

The “Annual Sports Gala 2021” was celebrated at the Institute of Applied Psychology, University of the Punjab, on 12<sup>th</sup> March 2021. The occasion was graced by the worthy Vice-Chancellor of the University of the Punjab, Prof. Dr. Niaz Ahmad Akhtar, Dean Faculty of Social Sciences, Prof. Dr. Umbreen Javed,

President Academic Staff Association, Prof. Dr. Mumtaz Anwar, and Director Sports Department, Miss Tahira Saleem. The Ceremony commenced with the recitation of the Holy Quran and Na'at, followed by a welcome address by the Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique. The games in the sports gala included Cricket, Badminton, Chess, Ludo, Tug of War, Lemon and Spoon Race, Three-Leg Race, and Musical Chair. The Performance of the Karate team was also arranged to motivate students to get training in Judokas. Honorable guests were all praise for the students and faculty members of IAP and lauded their regimented

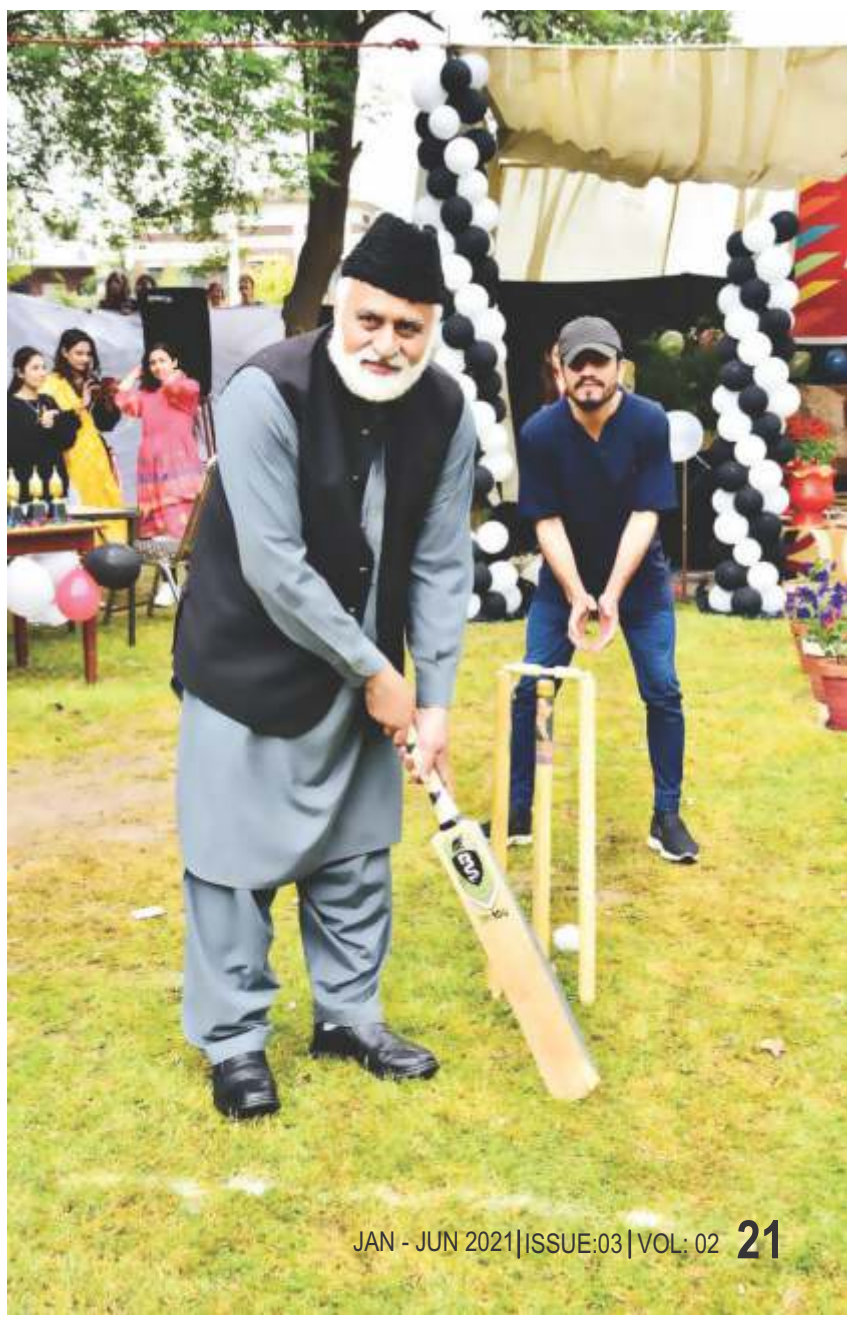
arrangements of the event and encouraged students to regularly take part in sports activities for a healthy living. They also visited the stalls arranged by the students and appreciated their efforts. The event was concluded with the awards distribution ceremony among the winners and runner-ups. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique, in her concluding note thanked the worthy guests for honoring the event with their precious time; furthermore, she admired the vigilant management of Dr. Fatima Kamran, Dr. Saima Ghazal, Dr. Omama Tariq, Dr. Afifa Anjum, and Mr. Faiz Younus on the successful organization of the Sports Gala. The entire sports event was live-streamed on the official Facebook page of the Institute of Applied Psychology, University of the Punjab.













## “Effective Communications Skills for a Successful Professional Career during Pandemic”

by Ms. Barira Bakhtawar



IAP, University of the Punjab arranged a webinar entitled "Effective Communication Skills for a Successful Professional Career during Pandemic". The resource person was Ms. Barira Bakhtawar. She is a Ph.D. Scholar and researcher in the field of Media Economics and Media Management and a renowned radio broadcaster; she accentuated the negative impact of the pandemic on the psychological well-being of masses. She underlined how the new normal had altered the workspace entirely and the challenges of remote working that are surfacing. With a focus on effective communication skills and the science of speaking up in the right way, she laid stress upon the importance of empathy and compassion while corresponding and interacting remotely with colleagues. The crux of the webinar was that, despite pandemic, we should not let go of our goals in life and by utilizing effective communications skills, we can make the most out of a stressful situation. Prof. Dr. Rafia Rafique concluded the webinar on the note that, through efficient communication skills, the rift and the gap between the communicators can be handled which will be instrumental in creating a healthy work environment. The webinar was live-streamed through the official Facebook page of IPA.

## Faculty and Ph.D. Scholars of IAP attended the 13<sup>th</sup> Muslim Mental Health Conference arranged by the Michigan State University USA, Department of Psychiatry.



Faculty members and Ph.D. scholars of the Institute of Applied Psychology attended the “13<sup>th</sup> Muslim Mental Health Conference” arranged by the Department of Psychiatry, Michigan State University, USA. Prof. Dr. Rafia Rafique, Dr. Fatima Kamran, and Dr. Afifa Anjum presented their research on COVID-19 & Mental Health. Dr. Rafia Rafique shared different psychological issues that surfaced during pandemic and discussed the psychological concerns that the callers had reported through Covid 19 Mental Health Helpline of the Institute of Applied Psychology and Tele-medicine services. The most frequent concern reported was anxiety followed by sleep issues and sad mood. It was concluded that women reported more psychological issues as compared to men. The stress of online classes and anger issues were reported by college and university students during the first phase of the pandemic. Ms. Sarah Mehmood, MPhil Scholar, IAP, presented her research on self-connectedness and tolerance among madrasa students. In 2020 Institute of Applied Psychology signed an MOU with Michigan State University, Department of Psychiatry USA, to share professional services and research opportunities.



# “Character Building in Light of Sunnah”

by Shaykh Jahangir Mahmud

MENTAL  
HEALTH  
HELPLINE



Character Building Society of the Institute of Applied Psychology arranged a webinar entitled “Character Building in Light of Sunnah” on 7<sup>th</sup> April, 2021. The focal person of the society, Dr. Afifa Anjum, shared the mission and objectives of the society to get the participants acquainted with the purpose behind the creation of this Society at the Institute of Applied Psychology. The resource person for the webinar was the esteemed religious scholar, Shaykh Jahangir Mahmud. He is a teacher, trainer, motivational speaker, islamic research scholar, and an educationist. He is an ambassador of Inter-Faith & Intra-Faith harmony and had delivered extensive talks on the subject. Shaykh Jahangir started off the webinar by asserting on the notion that one should draw morality, beliefs, and values from the Sunnah of the ideal role model that Allah has bestowed upon us, that is, Hazrat Muhammad (S.A.W.W). From the reference of Character Building Society, he stressed upon the human endowments and nature and discussed that in order, to become a better human being, the only way to modify human character is through love and compassion. He stressed that we must look at the personification of



love, compassion, and kindness who is Prophet Muhammad (S.A.W.W). Patron-in-chief of the Character-Building Society. Prof. Dr. Rafia Rafique shared the psychological perspective and discussed the probable reasons behind the productive and non-productive character of the individuals. Dr. Afifa Anjum highlighted the paradigm shift in the nature of the individuals and the possible triggering factors for it, followed by a Q & A session the purpose of the webinar was to empower members of the Character-Building Society to portray the character they are preaching as only then the society's mission can be accomplished. The webinar was live-streamed through the official Facebook page of Institute of Applied Psychology.

# “Parenting during Covid-19”

by Dr. Muhammad Zeshan



IAP arranged a webinar entitled “**Parenting during Covid-19**”. The resource person was Dr. Muhammad Zeshan, Assistant Professor of Psychiatry at the New Jersey Medical School and co-director of the Neuro-Psych-Biostat (NPB) Course. He has received more than 10 regional, national, and international awards for academic excellence, teaching, and leadership and has been actively involved in teaching medical students, residents, social workers, pediatricians, and other healthcare staff, along with the families.

Dr. Zeshan highlighted the strategies that are needed to understand the underlying reasons behind the dysregulated behavior of the children. By focusing on the difference between the punishment, discipline, and neuroscience of anger and irritability, he pointed out the long-term negative psychological impacts of

punishment. Dr. Zeshan advocated the power of holding, validating, and exploring the feelings of children. Moreover, he shared strategies to raise children efficiently regarding the pandemic. To encapsulate, the webinar focused on that, instead of trying to fix every problem and troubled behavior of the children, parents first need to start listening and understanding the issues faced by their kids.

They need to provide the necessary space to communicate, consequently, they will be in a better position to resolve and solve the issues. Prof. Dr. Rafia Rafique concluded the webinar on the note that both parents and children need to connect for a healthy parent-child relationship. The webinar was live-streamed through Institute of Applied Psychology, University of the Punjab Facebook.



# “The Bright Side of Covid-19”

by Dr. Zainab Javaid



The Institute of Applied Psychology, University of the Punjab organized a webinar entitled “The Bright Side of Covid-19”. The webinar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology. The resource person was Dr. Zainab Javaid, a practicing Clinical Psychologist at Al Razi Hospital and

Boston physiotherapy and wellness clinic. Dr. Zainab highlighted the opportunities that pandemic and lockdown has offered. She asserted that this can be a blessing in disguise as most of the people used to desire for off-days and the pandemic by briefly halting the hustle and bustle of life, has offered everyone the much-desired free time. Dr. Zainab stressed the importance of reflecting upon ourselves and shared the positives of the altered lifestyle which included e-learning, quality time with loved ones, and viable chances to make innovative use of the available opportunities such as freelancing and entrepreneurship. She carried on by spotlighting the key factors that are causing psychological distress in the masses owing to the pandemic and

shared useful ways to manage them. In the end, Dr. Zainab Javaid addressed queries of the participants. To summarize, the webinar focused stress management Dr. Afifa Anjum shared her perspective on the character building of the people during the pandemic. Prof. Dr. Rafia Rafique concluded the webinar on the note that by being more grateful for the things we have and by practicing gratitude exercises we can alter our perspective of looking at the situations, even during pandemic, and through gratitude, we will be able to find the positives in the most stressful situation. The webinar was live-streamed through Institute of Applied Psychology, University of the Punjab Facebook.

## “Scholarship Cheque Distribution Ceremony”



Institute of Applied Psychology congratulates Mr. Naeem-Ullah Khan and Ms. Mahnoor Ejaz of IAP for receiving a scholarship by

Human Development Foundation (HDF) sponsored by A. H Alawai. The scholarship cheque distribution ceremony was held by observing

Covid SOPs on 29<sup>th</sup> April, 2021 at the Institute of Applied Psychology, University of the Punjab, Lahore.

# International Conference of Rectifiers for Post-Covid World: “Teachers and Students' Temperamental Problems in the Post-Covid World”

IAP in collaboration with YPA



Institute of Applied Psychology, University of the Punjab collaborated with Young Psychologists Association (YPA) to conduct the (International Conference of Rectifiers for Post-Covid World) from 7<sup>th</sup> to 9<sup>th</sup> May 2021. Prof. Dr. Rafia Rafique chaired the session on “**Teachers and students' temperamental problems in the Post-Covid World.**”

Ten sessions were conducted and were live-streamed on the official Facebook page of IAP. In order, to discuss different topics on the dynamics of the post-Covid world, renowned psychologists from all over the Pakistan and international speakers highlighted economic, physical, and mental health challenges and also discussed the impact of the ongoing pandemic on

women and the staunch need for psychological support in the recent times. The need for psychologists to come forward and serve the nation during this psychological pandemic was highlighted by the psychology community. The online conference was a success as many universities joined hands with YPA to hold this much needed conference.

## AN ACCOMPLISHMENT OF IAP ALUMNUS: SELECTION IN CIVIL SERVICES

Faculty members, students, and staff congratulated Ms. Anam Wajeaha Awan, an Alumnus of the Institute of Applied Psychology, University of the Punjab, Lahore, on successfully clearing the CSS exam 2020. Ms. Wajeaha has been allocated to Pakistan Audits and Accounts. Ms. Wajeaha is a Gold Medalist from the University of the Punjab in her M Phil in Applied Psychology. A special message of congratulations was sent to Ms. Wajeaha on her success by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology. It is indeed a proud moment for the Institute of Applied Psychology, University of the Punjab.





# “How the World's Psychologists are Tackling Covid-19”

by Prof. Dr. Nashi Khan



The IAP organized a webinar entitled “How the World's Psychologists are Tackling with Covid-19”. The resource person Prof. Dr. Nashi Khan, is a chartered clinical psychologist (UK). She has done her post-doc from UK and is a certified Psychologist from the New Zealand board of psychologists as well.

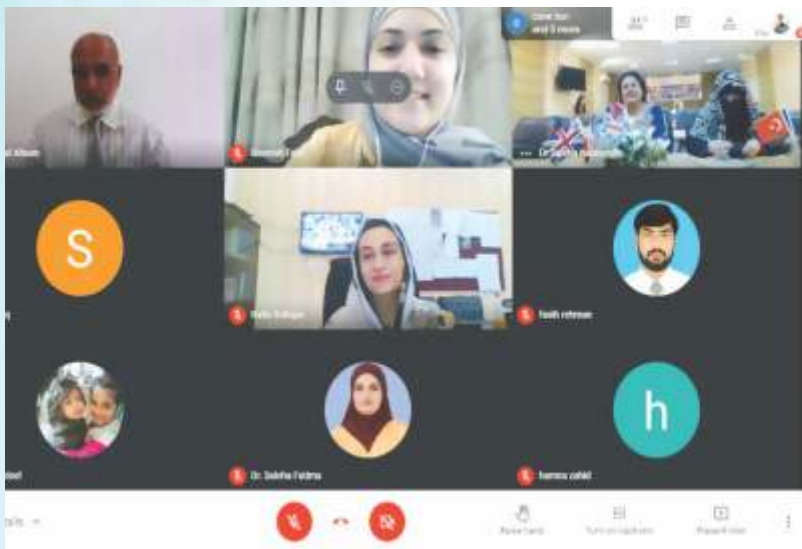
Currently, she is serving as the Director, Faculty of Social Sciences at Rashid Latif Khan University. Prof. Dr. Nashi fulfills her duties as the Vice President of the Pakistan Association of Clinical Psychologists and is a full affiliate member of the British Psychological Society (UK). Prof. Dr. Nashi started by sharing a meta-analysis of the services rendered by psychologists worldwide. She shed light on the support and resources extended by psychologists to the vulnerable populations during the menace of pandemic. Prof. Dr. Rafia Rafique shared the fact sheet of the issues reported by people who are contacting the Covid-19 Mental Health Helpline of IAP. Likewise, Prof. Dr. Najma Najam, Professor Emeritus, IAP, Dr. Fatima Kamran, Associate Professor, IAP Dr. Afifa Anjum, Assistant Professor, IAP, were of the opinion that it's the need of the hour that psychologists and psychological associations across Pakistan start collaborating and working like a joint force and pool resources to gather data, develop manuals and assessment tools, especially for the Pakistani population. Further more, Prof. Dr. Nashi lauded the passage of the Pakistan Council of Psychologists Bill and asserted that this will prove to be a great step in recognition of the psychologists nationwide. Dr. Fatima Kamran stated that to avoid malpractice by quacks, professionals need to come forward and share their perspectives. The webinar was about the recognition of psychologists at the national level and it was opined that for this, psychologists across the country should join hands for the welfare of the society at large. The webinar was attended by more than 120 participants and it was live-streamed on the official page of IAP.

## Participation of IAP Faculty and Students at International Peace Conference by YPA

Director IAP, Prof. Dr. Rafia Rafique was invited as the guest speaker to the “International Peace Conference by the Pakistan Youth Community” under the flag of JI Pakistan on 13<sup>th</sup> June, 2021 at Faletti's Hotel Lahore. The Conference was organized to show solidarity with Palestinians. The focal point of the conference was to shed light on the everyday struggles of the Palestinians and the long-term impact of these adversities. Prof. Dr. Rafia Rafique addressed the difficulties of Palestinians and highlighted the most neglected aspect, that is, the mental health challenges faced by people in Palestine amid war-like situations there. Notable guest speakers like Mushahid Hussain Syed, Huseyin Oruc, Dr. Ali Abo Rezeg, Prof. Dr. Asghar Zaidi, Sajjad Mir, and others shared their perspectives on the struggles faced by Palestinians and showed unwavering solidarity with the people of Palestine.



# First International Conference on Emerging Trends in the Arts & Humanities 2021



Faculty members of the Institute of Applied Psychology, Director IAP, Prof. Dr. Rafia Rafique, Dr. Fatima Kamran, Associate Professor Institute of Applied Psychology, University of the Punjab, and Dr. Afifa Anjum, Assistant Professor Institute of Applied Psychology, University of the Punjab, presented their research paper at the **“First International Conference on Emerging Trends in the Arts and Humanities, 2021”** on 16<sup>th</sup> June 2021. The Conference was organized by the Faculty of Arts and Humanities, University of the Punjab. Prof. Dr. Rafia Rafique presented the research on “Predictors of Forgiveness in University Students”. The research was co-authored by Dr. Fatima Kamran and Dr. Afifa Anjum. The research highlighted the role of faith and moral values play in invigorating the virtues like forgiveness in University students. Furthermore, presenters shed light on how the findings will be beneficial for counselors as well as educators and parents for inculcating positive virtues in the students that will eventually help to improve their psychological well-being and quality of life. At the end of the conference, Prof. Dr. Rafia Rafique congratulated Prof. Dr. Ammra and her team on the successful organization of the informative multidisciplinary conference.

# DISTRIBUTION OF LAPTOP UNDER PM LAPTOP SCHEME FOR DIFFERENTLY- ABLED CANDIDATES 2021



Differently-abled students of Institute of Applied Psychology, University of the Punjab received laptops from the PM laptop scheme phase-V- under differently-abled quota on 14<sup>th</sup> June, 2021. The Director, faculty members, students, and staff of Institute of Applied Psychology, University of the Punjab congratulated them on winning the laptops. Institute of Applied Psychology has always supported its differently-abled students in their pursuit to fight and succeed against all odds of life by exploring all learning opportunities.



# IAP Faculty Chaired the Scientific Sessions at the “International Conference of Management and Social Sciences” organized by LGU



Faculty members of the IAP chaired scientific sessions at the “International Conference of Management and Social Sciences (ICMSS)” organized by Lahore Garrison University. Parallel scientific sessions were held in the two-days ICMSS. Director, IAP, Prof. Dr. Rafia Rafique, chaired the session with the theme “Covid-19 Pandemic and Mental Health”. Prof. Dr. Rafia shed light on the negative impact of the pandemic on the psychological health of the masses with reference to the cases reported in the Mental Health Helpline by IAP. Dr. Fatima Kamran, Associate Professor IAP, chaired the session with the theme “Health Psychology” and focused on the difficulties faced by vulnerable population. The theme of the session chaired by Dr. Saima Ghazal, Associate Professor IAP, was “Stressors, Resilience and Employee Engagement” with an emphasis on workplace problems and the ways to improve employees’ productivity. Dr. Omama Tariq, Assistant Professor, IAP chaired the session with the focus on “Parenting, Parenting styles and Mental Health of the Children”. Dr. Afifa Anjum, Assistant Professor, IAP, discussed different aspects of “Social Psychology”. Director Institute of Applied Psychology and faculty members of IAP applauded the management team of Lahore Garrison University for the successful organization of the International Conference.

## INTRODUCTORY GUIDE TO TOOL DEVELOPMENT

BY MS. HAMNA ZAHID

INSTITUTE OF APPLIED PSYCHOLOGY  
UNIVERSITY OF THE PUNJAB, LAHORE

WEBINAR ON  
“INTRODUCTORY GUIDE TO TOOL DEVELOPMENT”  
21<sup>st</sup> JUNE, 2021

**Hamna Zahid**  
M.Phil Scholar,  
IAP,  
University of the Punjab, Lahore.

Time: 11:00 am - 12:00 pm (PKT)

Webinar Link: <https://meet.google.com/som-vjos-spw>  
(GOOGLE MEET)

facebook.com/IAP.PU.Pakistan/  
@instituteofappliedpsychology  
@iap\_pu

The Institute of Applied Psychology, University of the Punjab organized a webinar entitled “Introductory Guide to Tool Development” on 21<sup>st</sup> June, 2021. The webinar was chaired by Prof. Dr. Rafia Rafique, Director IAP. The resource person of the webinar was Ms. Hamna Zahid, Research Associate, at the IAP, University of the Punjab. In this webinar, two aspects of tool development were largely addressed which were the dire need to develop indigenous tools and how to recognize the target population. Furthermore, the process of tool development was elucidated in three phases: Item Development, Scale Development, and Scale Evaluation. It was a comprehensive guideline for developing a tool.

# "Interview with Mr. M. Javed: A Long-Serving IAP Employee"

## آپ کا یہاں پرائیکسپرنس کیسارہا؟

پہلے مجھے جب کرنے کا شوق نہیں تھا پرائیویٹ ایک جگہ کام کر رہا تھا۔ الیکٹریشن کا کام کرتا رہا۔ پھر یہاں مل گئی جب میں ادھر آیا تو ڈاکٹر نجمہ کا دور تھا۔ بہت اچھا دور تھا ان کے بعد ڈاکٹر حامد آگئے ان کے ساتھ بہت اچھا وقت گزرا۔ ان کے دور میں زیادہ سیکھا۔ پھر ایک ایسا دور آیا کہ ڈیپارٹمنٹ میں سیاست شروع ہوگئی اسکی نظر بھی ہوا لیکن میں نے ہمت نہیں ہاری۔ اور کام کر کے دکھایا۔ اس کے بعد ڈاکٹر رخسانہ آگئی اس کے دور میں ارجنٹ کام ہوتا تھا دور وہ بھی اچھا تھا۔ اس کے بعد ڈاکٹر یاسمین فاروقی کا دور آیا جو کہ ایک سخت دور تھا۔ لیکن وہ میری کارکردگی سے خوش تھیں۔ اس کے بعد میاں الطاف صاحب کا دور تھا جو کہ بہت ہی اچھا دور تھا۔ مجھے پیدل چلتا دیکھ کر مجھے گاڑی میں بٹھا لیتے تھے۔ میں وی سی کے آفس



میں کھڑا ہوتا تو مجھے لفٹ دے دیتے۔ اس کے بعد پھر دوبارہ ڈاکٹر رخسانہ کا دور آیا۔ جس میں وہ اس ڈیپارٹمنٹ کی چیئر پرسن بن گئی۔ جب کام کا لوڈ بہت بڑھ گیا۔ جو کام ملا ہمت نہیں ہاری۔ میڈم رخسانہ سے میں نے ریکویسٹ کی کہ مجھے سیڑھی والا کام نہ دیں۔ جب میری صحت ناساز ہوگئی تھی۔ بعد میں ڈاکٹر فرح کا دور آیا۔ وہ بھی ہمارے ساتھ اچھا گزر گیا۔ اس کے بعد ڈاکٹر ارم تھی میرے لئے وہ دور بھی اچھا تھا۔ اب جب سے ڈاکٹر رافیہ آئی ہیں۔ انہوں نے مجھے بہت سپورٹ کیا ہے۔ انہوں نے مجھے کہا کہ ڈیسک پر بیٹھ جائیں۔ جو آپ سے کام ہو سکے آپ وہ کام کریں۔ میں آج تقریباً 36 سال دو مہینے چھبیس دن یہاں سے ریٹائر ہوا ہوں۔

## بتائیں آپ یہاں سے بچوں کو کیا میسج دینا چاہیں گے؟

پہلے بچے بہت اچھے تھے۔ بہت محبت دیتے تھے۔ اب بھی بہت اچھے بچے آرہے ہیں۔ جو ہمارے سامنے یہاں پر پڑھتے تھے۔ اور اب پڑھا رہے ہیں۔ آپ کو یہی کہوں گا کہ وقت کی پابندی کریں اور اپنی کلاسز ریگولر لیں۔





# Get Registered

## Child and Adolescents Mental Health Course (CAMHC)

**ADMISSION OPEN**

Starting from  
18th February 2022

National and International Facilitators

**Venue:** Institute of Applied Psychology, University of the Punjab, Lahore



**Institute of Applied Psychology "PU" with Pakistan Institute of Living & Learning (PILL)**

"One in 10 young individuals aged between 5 to 16 experiences a mental health problem equating to approximately three young people in every class at school" (National Health Services, 2018) (NHS)

### 3 Levels

1

Overview of common mental health problems in children and adolescents

2

Psychological Assessment & Case Formulation

3

Therapeutic skills & Psychological Interventions

*Specially for: Students of BS. & M.S Psychology/ Applied Psychology / Clinical Psychology / Behavioral Sciences, & Humanities.*

Duration: 3 Months  
Classes: Friday & Saturday

Email: [training.development@pill.org.pk](mailto:training.development@pill.org.pk)  
Contact us: +92-321-2373042



# IAP at a *glance*



**HEALTH PSYCHOLOGY CONSULTATION LAB**  
"An Initiative by MS Health Psychology Program"

**HEALTHY MIND. HEALTHY BODY. HEALTHY LIFE.**

- Facing Issues with Blood Pressure, Diabetes, Sleep, Stress, Anxiety or any other Psychological Issues.
- Consult our Volunteers at the Health Consultation Reception at IAP.

Monday-Thursday  
Time: 11pm-1:30pm

HEALTHY MIND. HEALTHY BODY. HEALTHY LIFE. HELP



## Student Editors Chronicles-3

