



# IAP CHRONICLES

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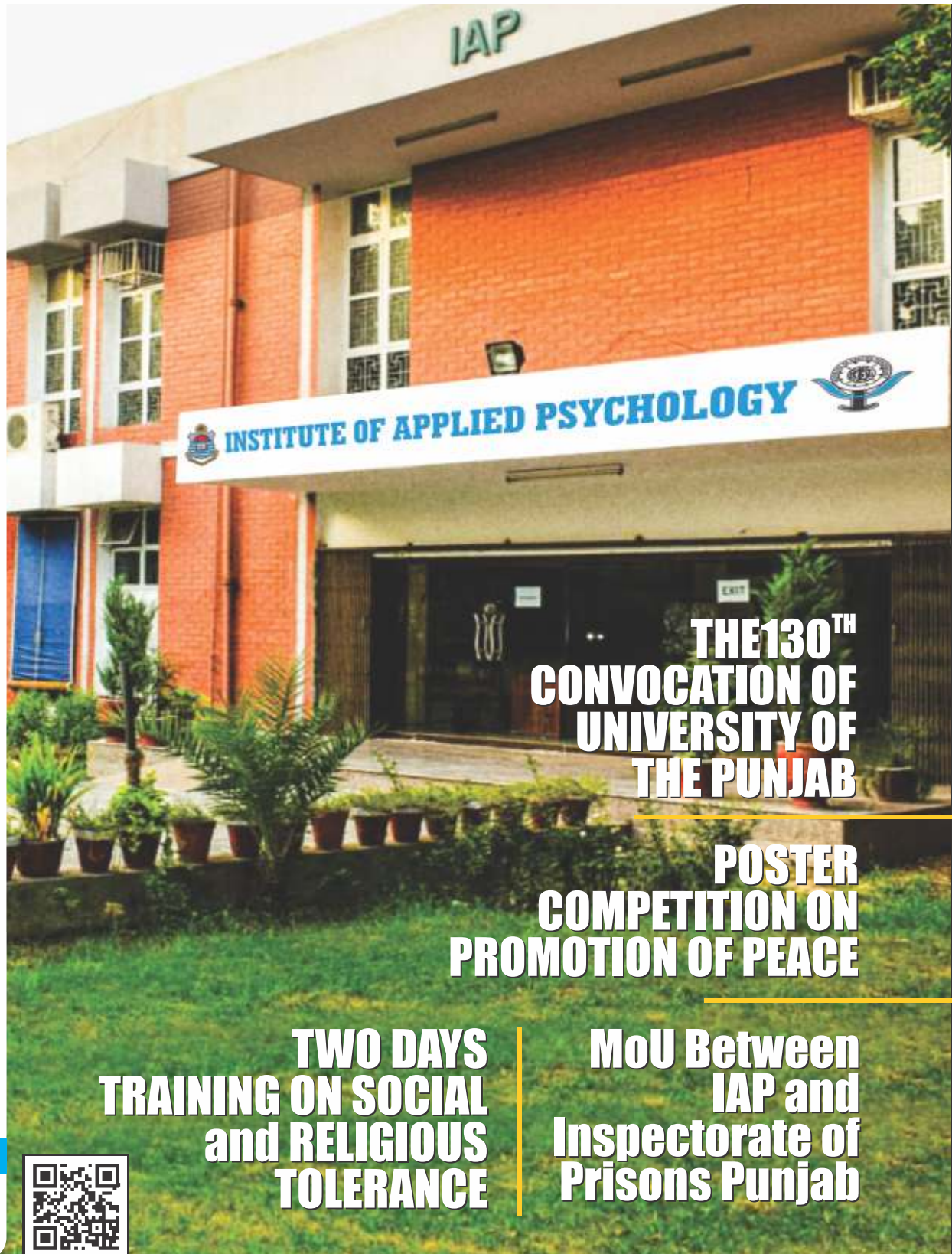
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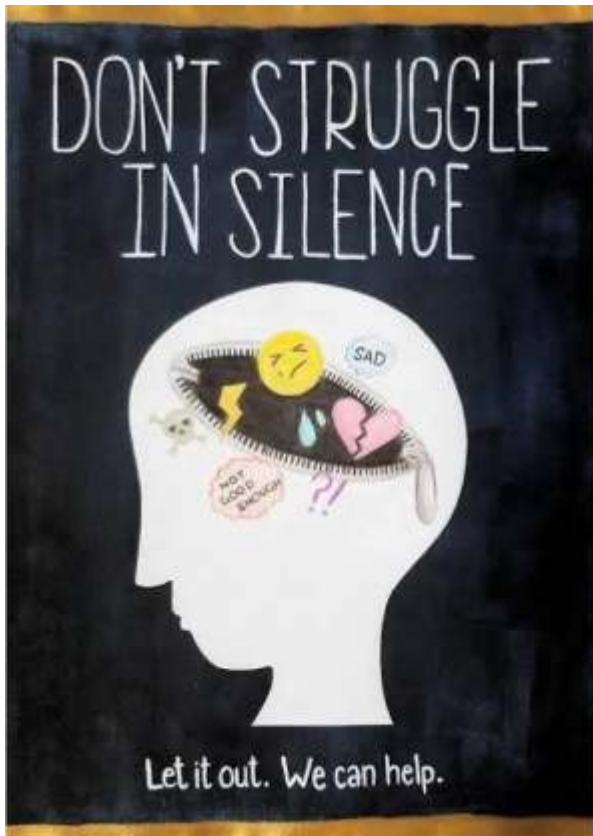
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TRAINING ON SOCIAL  
and RELIGIOUS  
TOLERANCE**

**MoU Between  
IAP and  
Inspectorate of  
Prisons Punjab**



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## Mental Health Awareness Campaign Continues



A Public Service  
Message by  
IAP University of the  
Punjab, Quaid-e-Azam,  
Campus, Lahore.  
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# IAP CHRONICLES

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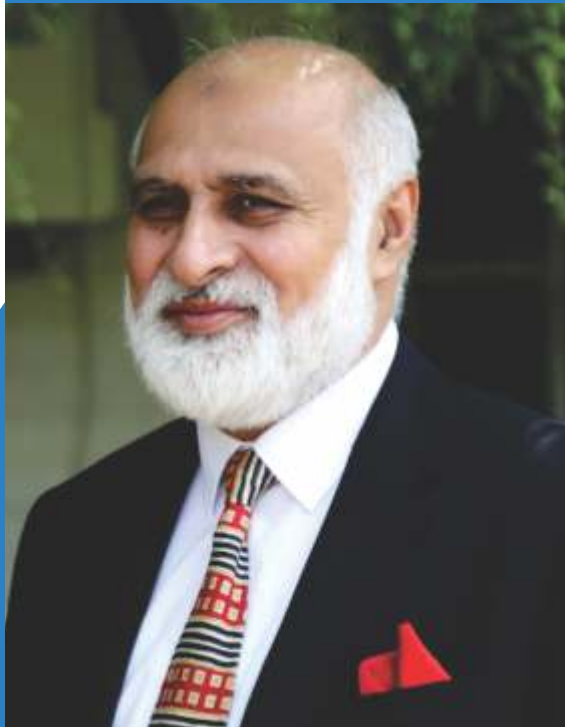
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**Professor Dr. Niaz Ahmad Akhtar (SI) holds a Ph.D. in Chemical Engineering from the University of Leeds, United Kingdom. He has done his undergraduate in Chemical Engineering from the University of Punjab. Previously, he served as the rector of the 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 on March 23<sup>rd</sup>, 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, PU



**T**he pandemic was a crucial time for the 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, Institute of Applied Psychology made University of the Punjab proud. IAP 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

IAP, 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 Institute of Applied Psychology. 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. Usman Amin Hotiana**  
Head of Department ,  
Behavioural Sciences &  
Psychiatry Rashid Latif  
Medical & Dental College

IAP, is one of the most prestigious institutions with a rich history of commitment and quality assurance. The high quality of students, despite extremely limited resources for education and mental health services shows the endless commitment of the teachers and their leadership. I personally had the pleasure of collaborating with them on different occasions and found them very inspiring and congenial.



**Ms. Tehmina Yasser**  
Clinical Psychologist

Institute of Applied Psychology is a well reputed place for learners, researchers and teachers. The graduates of IAP have good conceptual clarity about their field. For the last few years, it has been focusing more on spreading awareness and connecting psychologists. I had a wonderful experience with Prof. Dr. Rafia Rafiq and other faculty members. May they grow and prosper.



**Prof. Dr. Muhammad Saleem**  
Chairman Department of API  
University of Bahawalpur.

It's an ecstatic experience to witness IAP grow and flourish in a manner that not only showcases the quality of academics but also the team efforts of departmental faculty under the dynamic leadership of Prof. Dr. Rafia Rafiq. I reckon a number of goal-directed and productive initiatives have been taken by IAP in the pursuit of betterment. One of such is the start of their own Mental Health Whatsapp group, supplemented by the most exceptional mental health experts of Pakistan. Instrumental value of an Institution can be best tested in the times on crisis which IAP tackled professionally by rendering its services during the Covid-19 Pandemic. From where I am seeing the future of IAP looks very bright, I hope that Institute of Applied Psychology continues to outdo itself and lays footsteps for generations to come.



**Dr. Usman Rasheed**  
Executive Member and  
Honorary Director  
Rehabilitation Fountain  
House Pakistan.

The dynamic professional approach of the Director IAP Professor Dr. Rafia Rafique and her faculty members and students is propelling Institute of Applied Psychology forward. I wish IAP great success in the future.

# Messages from IAP Staff Members



**Ms. Noor e Sehar**  
Research Associates for  
Journal of Behavioural  
Sciences (JBS), IAP

**D**uring my four academic years, this prestigious institute provides the mind-expanding gift of education that enriched my life. Now, I feel honoured for being a part of this institute as Research Associate for Journal of Behavioral Sciences (JBS) under the supervision of worthy director, Prof Dr. Rafia Rafique. She is very talented and hardworking person who guides everyone in such a polite manner. I wish best for IAP and everyone in it



**Ms. Aalia Mubarak**  
Library Attendant, IAP

**I** believe that the IAP is a source of pride for Pakistani psychology students. I think it is the most preferred institute for psychology students for study and healthy activities. And under the supervision of Prof. Dr. Rafia Rafique, it is going to be a pride of the world's psychology studies very soon.



**Ms. Faiza Siddique**  
Testing Lab Assistant, IAP

**M**y experience with IAP during this pandemic was very prolific. I highly appreciate the efforts of our worthy Director, Prof. 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 with a wealth of knowledge. I personally work for a mental health helpline established by IAP, which is the best platform to serve humanity in this pandemic situation. I feel proud to be a part of IAP.



**Mr. M Usman Zeb**  
Assistant Network Administrator

**T**he Institute of Applied Psychology has always encouraged its students to excel in academics, sports, and cultural activities, and on different platforms, these students have made the institute proud. I extend my best wishes and congrats the whole IAP team for working hard and being so generous.



**Mr. Muhammad Umair**  
Computer Lab Assistant

**D**uring the COVID-19 pandemic, the role of IAP, under the leadership of the current Director Prof. 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.



**Ms. Shazia Yousaf**  
Junior K.P.O

**M**any thanks for giving me this opportunity. I would like to formally and sincerely express my feelings about the Institute of Applied Psychology. It's an honor to be part of IAP. I must appreciate the level of respect and recognition I found here as a woman. It is remarkable.







### Ms. Kainat Khalid | MPhil Scholar, IAP

**F**or many decades, the Institute of Applied Psychology (IAP), University of the Punjab, Lahore, has played an integral part by establishing bundles of latitude for academia, research, and community services. It is no exaggeration to say that my Alma mater provided me with the best environment that nurtured me into a knowledgeable, skilled, and independent researcher. I wish all the best for my Institute of Applied Psychology family in their future endeavors. Keep shining bright!



### Ms. Anum Anees | MS Health Psychology (Trainee) IAP

**I**t gives me immense pleasure and a sense of enlightenment to be a part of the prestigious Institute of Applied Psychology. My tenure at this institute has been motivating and challenging at the same time under the effective mentorship of my teachers. I hope Institute of Applied Psychology continues to flourish and contribute to the field of psychology.



### Ms. Laiba Idrees | MS Health Psychology (Trainee) IAP

**T**he Institute of Applied Psychology is a place where I found an amalgamation of theory and practical learning. I believe that my studies and stay at Institute of Applied Psychology will provide me with a broader perspective on life and broaden my knowledge horizons. I feel great studying at IAP as it gives me a great opportunity to flourish as well as support from the faculties. It is my immense luck and fortune to be part of Institute of Applied Psychology, where I can thrive. I am having a great time in the MS Health Psychology Program. There is no doubt this is the best institute in terms of academics. The entire faculty and department leaves no stone unturned to shape one's future.



### Mr. Ahmad Naveed Sharif | BS (Hons) Student, IAP.

**I** envisioned being in Institute of Applied Psychology 3 years ago, and without doubt, it was the best decision of my life. IAP changed me, transformed me into my better self, and I am thankful to be here. IAP is a home for intellect. It nurtures your mind in a way that makes you feel different, not just about yourself but about how you see the world. It's somewhere you'd like to spend your all-nighters. In terms of academia, Institute of Applied Psychology is incomparable, but it just doesn't end here. You get a number of opportunities to grow and excel in the professional world, and I feel proud to be a part of this institution.

# How to Manage Work Family Balance & Increase Job Satisfaction

## A capacity building session

A capacity building session on “How to Manage Work Family Balance and Increase Job Satisfaction” was organized by the Motorway Police of Pakistan. Dr Fatima Kamran, Associate Professor, Institute of Applied Psychology, University of the Punjab, Lahore was the guest speaker. The webinar was attended by the staff officers, sector, zonal, and regional commandants, and DIGs from all over the Pakistan. The IG – Prison Dr Kaleem Imam Rizvi presided the session. The session highlighted the significance of maintaining work family balance and the strategies to increase job satisfaction. It was followed by a Q& A session. The IG-Prison Dr Kaleem Imam Rizvi thanked Dr Fatima Kamran for conducting a much needed session for the officers and management of Motorway police.



# Recent Challenges of Youth: A Way Forward by Prof. Dr. Rafia Rafique

A webinar on Recent Challenges of Youth: A Way Forward was held by the Riphah International University, on 13<sup>th</sup> September, 2021. Prof. Dr. Rafia Rafique, Director, Institute of Applied Psychology, University of the Punjab, highlighted the most important point of moving forward during the times of Covid-19 and adapting with the new normal. Prof. Dr. Rafia Rafique talked about the ways, how both teachers and students can facilitate the process of learning. The importance of keeping up with technology when education has shifted to online medium had been emphasized. The webinar encompassed speakers from various prestigious institutes of Pakistan including Prof. Dr. Goolam Hussain Rasool, Professor of Islamic Psychology, Dr. Shamaila Asad, Head of Department Riphah Institute of Clinical and Professional Psychology, Riphah International University and Dr. Amina Muazzam, Tenured Professor and Director Research at Lahore College for Women University spoke about various challenges of youth from an Islamic perspective, the health and social issues like maintaining social relationships along with education were discussed as well. Speakers thanked the webinar organizers and the questions by the participants were inculcated at the end of the webinar.


**RIPHAH**  
INTERNATIONAL UNIVERSITY
 
**RIPHAH**  
FACULTY OF REHABILITATION & ALLIED HEALTH SCIENCES

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**Riphah Institute of Clinical & Professional Psychology (RICPP)**  
Riphah International University, Q1E Campus, Lahore

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**Webinar**

**Recent Challenges of Youth: A Way Forward**

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**Speakers**



**Prof. Dr. Goolam Hussain Rasool**  
Professor of Islamic Psychology and Consultant  
Riphah International University

*"Contemporary Problems of Muslim Youth: Challenges and Solutions from an Islamic Perspective"*



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

*Recent Challenges of Youth in University Education: Focus on How to Move Forward*



**Dr. Shamaila Asad**  
Head of Department  
Riphah Institute of Clinical and Professional Psychology  
Riphah International University

*"Health Issues Faced by Youth Today"*



**Dr. Amina Muazzam**  
Tenured Professor and  
Director Research  
at Lahore College for Women University

*"Social relations in Youth: Determinants and Consequences of Relations to Parents, Teachers, and Peers"*



**Moderator:**  
Mrs. Sakina Akmal  
Faculty Assistant Director and  
Professional Faculty  
Riphah International University

**Date & Time:**  
13<sup>th</sup> September, 2021 (Monday)  
from 03:00pm-04:00pm (Online)



Scan to Join at Your

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For enquiry: 0300-0720878 | farhan.tariq@riphah.edu.pk

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## Panel Discussion

# The Role of Teachers in Developing Critical Thinking Skills in Educational Institutions



Institute of Applied Psychology, University of the Punjab in collaboration with Media Training and Research Center (MTRC) and Inter University Consortium for promotion of Social Sciences (IUCPSS) organized a Panel Discussion on “The Role of Teachers in Developing Critical Thinking Skills in Educational Institutions” on 23<sup>rd</sup> September, 2021 at the Undergraduate Block in the University of the Punjab, Lahore. The panelists included the luminary faculty members of various departments of the University of the Punjab including Prof. Dr. Rafia Rafique, Director/ Professor at the Institute of Applied Psychology, Prof. Dr. Muhammad Kamran, Professor at Institute of Urdu & Director Urdu Translation Center, Prof. Dr. Noshina Saleem, Director/

Professor at the School of Communication Studies, Dr. Seemab Far Bukhari, Director Web Television, Asstt. Prof at School of Communication Studies and Dr. Muhammad Awais, Lecturer at College of Earth and Environmental Sciences.

The discussion was commenced by the talk of Prof. Dr. Rafia Rafique who exquisitely laid down the components of Critical Thinking starting off with the definition, the challenges that educational institutes face in promotion of critical thinking, the factors and how can it be polished among students, faculty members, campus and society on the whole. She highlighted the ways in the development of critical thinking such as productive membership, open-mindedness, making a

connection between an idea and facts, looking through a bird's eye view, thinking out of the box and inculcating 'why' questions. She emphasized on the importance of being a critical thinker as the quality of thought would incorporate positive emotions that would result in positive behaviors. Other noble speakers also shared their insight on critical thinking and addressed the audience. The attendees were made aware of the Student Counseling and Assessment Services (SCAS), student counseling service provided in the University of the Punjab, and how it can play its chief role in promotion of peaceful and safer campuses. The training was concluded by the question answer session and closing remarks by Dr. Saleha Javed

## Seminar Anger and Aggression in Gambling Disorder by Dr. Arshad Mahmood



IAP organized an on-campus seminar on Anger and Aggression in Gambling Disorder on 6<sup>th</sup> October, 2021. It was a one-day interactive session chaired by Prof. Dr. Rafia Rafique; Professor/ Director at Institute of Applied Psychology and was conducted by Dr. Arshad Mahmood, Director at Heartland Professional Services, Toronto, Canada. The talk was a hands-on-learning experience for the students where Dr. Arshad Mahmood shared his learned perspective on his clinical practice, the scope and the growing opportunities in Canada. He enunciated the research work going on aggression, gambling disorder and drug addicts. Since it was an interactive session, the questions asked by the students were efficiently answered by the speaker throughout the seminar. The informative seminar ended up motivating students to opt for higher studies and career in a foreign country. The seminar ended with the presentation of a bouquet and certificate by Prof. Dr. Rafia Rafique; Professor/ Director, Dr. Fatima Kamran; Associate Professor and Dr. Afifa Anjum; Assistant Professor at IAP.



## The Breast Cancer Awareness Campaign

by MS Health Students

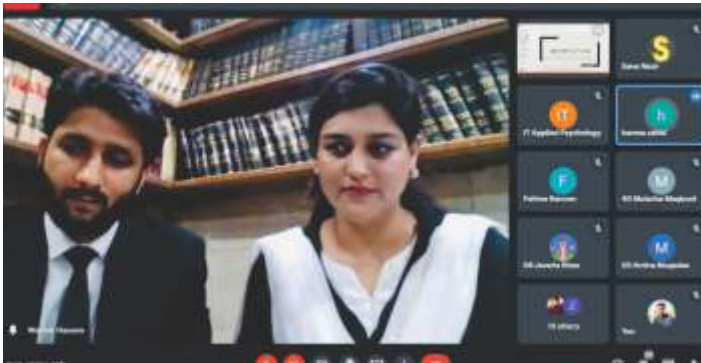
COVID-19  
MENTAL  
HEALTH  
HELPLINE



Dr. Fatima Kamran; Associate Professor and MS Health Psychology Program Coordinator at Institute of Applied Psychology, University of the Punjab organized the Breast Cancer Awareness Campaign at the campus. MS Health students, Health Psychology Team, worthy director; Prof. Dr. Rafia Rafique and faculty members Dr. Afifa Anjum; Assistant Professor and Miss Iqra Nazar played a pivotal role in raising awareness about the causes, signs, symptoms, stages and treatment of breast cancer among students of IAP.



# Webinar Inheritance Law for Women in Pakistan and its Impact



Institute of Applied Psychology arranged an enlightening webinar on “Inheritance Law for Women in Pakistan and its Impact” on 8<sup>th</sup> August, 2021. The notable speakers of the webinar were Mr. Raja Hassam Kayani; who is an Advocate High Court and CEO at Kayani & Co. He has a solid command in the field of corporate law, taxation, civil and criminal law and Ms. Wardah Hassam Kayani who besides having a Bachelors of Education & Psychology, is an Advocate High Court and Senior Partner at Kayani & Co. The webinar was conducted through the platform of Institute of Applied Psychology, University of the Punjab, chaired by the Prof. Dr. Rafia Rafique, Director of Institute of Applied Psychology, and moderated by Ms. Hamna Zahid. The webinar was attended by the highly esteemed faculty members as well including Dr. Fatima Kamran; Associate Professor and Dr. Afifa Anjum; Assistant Professor at Institute of Applied Psychology. Our noble speakers explained that the right of inheritance has been protected by the Constitution of Pakistan. Moreover, the Islamic and municipal law promises equal rights to women. It was an absorbing and an informative webinar that empowered participants to gain awareness on the rights of women that have been protected by our religion- Islam and our law. The webinar ended with the question answer session and it was live streamed through the official Facebook page of Institute of Applied Psychology.

## Shan-e-Rehmatul-Lil-Alameen



IAP celebrated 'Shan-e-Rehmatul-Lil-Alameen'. The program was organized by the worthy director of Institute of Applied Psychology, Prof. Dr. Rafia Rafique and compered by Mr. Muhammad Ali. The program commenced by the recitation of the Holy Quran followed by Naat-e-Rasool (P.B.U.H). The notable speaker for the milad was Prof. Nureed Fatima, a religious scholar whose talk focused around the characteristics of Prophet (P.B.U.H) and the rights, responsibilities and the code of conduct of the Muslim Ummah. Students, staff and non-staff members of IAP enthusiastically participated in the program by reciting Qasida-e-Burda Shareef, Darood-O-Salam and Dua towards the end of the program. Students and faculty members enthusiastically participated in the program. Milad was brought to an end by the certificate distribution to the participants.



# Two Days Training for Faculty Members under the project Social & Religious Tolerance by MTRC and IUCPSS

Two Days Training for Faculty Members of Universities in Sindh and Punjab” under the project “Social and Religious Tolerance” was conducted at Faletti’s Hotel, Lahore. Institute of Applied Psychology, University of the Punjab participated in the collaborative venture of Media Training and Research Center (MTRC) and Inter University Consortium for promotion of Social Sciences (IUCPSS). Luminary Faculty members represented Universities all over Sindh including Shah Abdul Latif University, Khairpur, University of Engineering and Technology, Karachi, Benazir Bhutto Shaheed University Lyari, whereas, Prof. Dr. Rafia Rafique; Director/Professor at Institute of Applied Psychology, University of the Punjab and Ms. Hamna Zahid; MPhil Scholar and Research Associate for the Journal of Behavioral Sciences, IAP, represented the University of the Punjab, Lahore. The worthy resource person for 2-Days Conference was Prof. Dr. Muqarrab Akbar, Chairman Department of Political Science, Bahauddin Zakariya University, Multan who spoke on social and religious tolerance, violence, social conflict and social cohesion. It was emphasized that the need of the hour is to promote social tolerance and peacebuilding within institutes and students. Prof. Dr. Rafia Rafique; Director, Institute of Applied Psychology, University of the Punjab concluded 2-Days Training by closing speech and certificate distribution ceremony to the participants who enthusiastically participated and made the conference a success.



## Two Days Training Course on Social and Religious Tolerance (SRT)

**I**nter University Consortium for Promotion of Social Sciences (IUCPSS), Media Training and Research Center (MTRC) and IAP, organised a 2-Days Training Course on “Social and Religious Tolerance (SRT)” for Faculties of Universities in Sindh and Punjab. The training workshop was held on 29th October, 2021- 30th October, 2021 at Faletti's Hotel, Lahore. Learned Faculty members from all over the Sindh and Punjab represented their respective Universities. Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology, represented the University of the Punjab. She was also the resource person for the Training Course.

On the first day of the training, Prof. Dr. Rafia Rafique talked about the Social Cohesion at the individual, familial and community level. Furthermore, while talking about the conflicts in society, she shared conflict management techniques. Other resource person for the Two Days Training Course was Prof. Dr. Muqarrab Akbar, Chairman Department of Political Science, Bahauddin Zakariya University, Multan. Dr. Muqarrab focused on the social tolerance within the society, institutes and students. Furthermore, he encouraged peacebuilding, religious and ethnic tolerance within the educational institutes. The workshop was an interactive and informative workshop that bring forth opinions and point of views from different ethnicities with the goal to promote cohesion, peace, harmony, and unity among communities and nation. The Two Days Training Course was concluded with a certificate distribution ceremony to the participants.



## Collaborative Letter of INTENT

**A**s per the desire of faculty of Shah Abdul Latif University Khairpur, a collaborative Letter of Intent has been signed in Lahore between IAP and Shah Abdul Latif University in the areas of student counseling, capacity building and faculty/student exchange. Prof. Dr. Taj Lashari Dean Faculty of Social Sciences SALU Khairpur and Prof. Dr. Rafia Rafique Director Institute of Applied Psychology University of the Punjab, Lahore signed the Memorandum of Understanding (MoU) in presence of Murtaza Noor, National Coordinator IUCPSS.



## Two Days Workshop on Personality Grooming by Ms. Barira Bakhtawar



IAP arranged a Two Days Training Workshop on "Personality Grooming" chaired by Prof. Dr. Rafia Rafique; Professor/ Director, Institute of Applied Psychology, University of the Punjab. It was a registered workshop attended by students of IAP and Universities all across Lahore. The resource person of the workshop was Ms. Barira Bakhtawar who is a PhD Scholar, researcher, lecturer in the field of Media Studies and Media Management. She is also a Leading Radio Broadcaster. She continued her lecture covering the aspects of spiritual wellness and emotional consistency that polishes one's personality followed up by activities to keep students engaging. The last day of the workshop was concluded by Prof. Dr. Rafia Rafique; Professor/ Director, Dr. Fatima Kamran; Associate Professor and Dr. Saima Ghazal; Associate Professor, handing over the shield and souvenirs to Ms. Barira Bakhtawar. The certificates were distributed to the organizers and the participants at the end of the workshop.

## MoU Between IAP and Inspectorate of Prisons, Punjab



Institute of Applied Psychology, University of the Punjab has signed a (MoU) with Inspectorate of Prisons Punjab with the purpose providing mutual cooperation in research, psychological assessment and training of the prison based mental health professional and correctional staff.

Prof. Dr. Niaz Ahmad Akhtar, Vice Chancellor University of the Punjab and Mr. Mirza Shahid Saleem Beg, IG Prisons Punjab affixed signatures on the MoU in the presence of Mr. Fayyaz ul Hassan Chauhan Minister of Prisons Punjab, Dr. Khalid Khan Registrar University of the Punjab, Prof. Dr. Rafia Rafique Director Institute of Applied Psychology, Mr. Malik Mubasher A. Khan DIG Prisons, Dr. Sobia Khurram Director External Linkages University of the Punjab, Lahore and relevant stakeholders.







## Representation of Institute of Applied Psychology on Various Platforms



**I**nstitute of Applied Psychology, University of the Punjab takes pride to promulgate one of the innumerable achievements of its students; Ms. Zahra Arooj- a student of BS-V (2019-2023) who had won the “Best

Actor Female” Award for the UCP Taakra held in the University of Central Punjab on 20th February, 2019. She got the second position for the “Naat Competition” category in “Zaboor e Azam” which was held through the platforms of Government College University (GCU), online via Google Meet application amidst pandemic on 21st October, 2021. Seven students had participated under the category of Naat Competition from various Universities of Lahore and Zahra represented Institute of Applied Psychology, University of the Punjab.

## Workshop on Advanced Data Analysis Using Structural Equation Modeling



**I**nstitute of Applied Psychology organized a credited Workshop on “Advanced data analysis using Structural Equation Modeling” for its M.Phil Scholars. The resource person for the workshop was Mr. Ghulam Ishaq, Ph.D Scholar and Lecturer at Department of Psychology, Leads University, Lahore. Mr. Ghulam Ishaq started off by sharing the basics & types of SEM. With practical demonstration, he elaborated the steps as well as common issues faced using SEM technique. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique thanked Mr. Ghulam Ishaq for the training and at the end of the 6-hours' interactive workshop Dr. Rafia and Dr. Saima Ghazal, Associate Professor, IAP, distributed the certificates among the participants.

# Panel Discussion on The Role of Teachers in Developing Critical Thinking Skills in Educational Institutions

Institute of Applied Psychology, University of the Punjab in collaboration with Inter University Consortium for promotion of Social Sciences (IUCPSS) and Media Training and Research Center (MTRC) organized a Panel Discussion on “The Role of Teachers in Developing Critical Thinking Skills in Educational Institutions” for the faculty members at the Undergraduate Block in the University of the Punjab, Lahore. The panelists included the luminary faculty members of various departments of the University of the Punjab including Prof. Dr. Rafia Rafique, Director/Professor at the Institute of Applied Psychology, Prof. Dr. Muhammad Kamran, Professor at Institute of Urdu & Director Urdu Translation Center, Prof. Dr. Noshina Saleem, Director/ Professor at the School of Communication Studies, Dr. Seemab Far Bukhari, Director Web Television, Assistant. Prof at School of Communication Studies and Dr. Muhammad Awais, Lecturer at College of Earth and Environmental Sciences. The training was concluded by the certificate distribution ceremony by Prof. Dr. Rafia Rafique; Professor/Director, Institute of Applied Psychology, Dr. Fatima Kamran; Associate Professor, IAP, Dr. Saima Ghazal; Associate Professor, IAP and Dr. Afifa Anjum; Assistant Professor, IAP.



## Awareness Campaign on Osteoporosis

Dr. Fatima Kamran, Associate Professor and MS Health Psychology Program Coordinator at Institute of Applied Psychology, University of the Punjab organized the Osteoporosis Awareness Campaign at the campus. MS Health students, Health Psychology Team, worthy director; Prof. Dr. Rafia Rafique played a significant role for the awareness about the causes, signs, symptoms, diagnosis, risk factors and treatment of osteoporosis. A video related to Osteoporosis was played at corridor of Institute of Applied Psychology (IAP) and leaflets were provided to the students to increase awareness.

## Panel Discussion on Promotion of Peace Through Literature & Arts



Institute of Applied Psychology, University of the Punjab in collaboration with Media Training and Research Center (MTRC) organized a Panel Discussion for the students and faculty members on Promotion of Peace Through Literature and Arts as Part of Project “Peaceful & Safer Campuses (PSC)” at Institute of Applied Psychology. It was an interactive panel discussion. The discussion focused around the depiction of culture through arts and literature and its importance. The panel discussion was concluded by the closing remarks by Dr. Saleha Javed and certificate distribution ceremony by Prof. Dr. Rafia Rafique; Director/ Professor, IAP, Dr. Fatima Kamran; Associate Professor at IAP, Dr. Saima Ghazal; Associate Professor at IAP and Dr. Afifa Anjum; Assistant Professor at IAP.



## Allama Iqbal Day Celebrations, 2021 at IAP



Institute of Applied Psychology celebrated Allama Iqbal Day as a tribute to commemorate the contribution of Allama Muhammad Iqbal, the “Poet of the East” for the Muslims of the subcontinent. Students participated with zeal and prepared speeches and poetry to refresh the essence of literature. Participants included Mr. Mohd. Ali, Ms. Zahra Arooj, Ms. Syeda Wajeeda, Ms. Naila Batool, Ms. Anna Aslam, Mr. Hammad, Ms. Nayl and Ms. Shabeeh Mujtaba. Director Institute of Applied Psychology Prof. Dr. Rafia Rafique concluded with the closing speech highlighting efforts of Muslim Hero, whose wisdom and ideology, is what led the Muslims of the subcontinent to a point of unity. This was followed by Certificate Distribution Ceremony by Prof. Dr. Rafia Rafique; Professor/ Director, IAP and Dr. Omama Tariq, Assistant Professor, IAP.

# Poster Competition on Promotion of Peace



Institute of Applied Psychology, University of the Punjab in collaboration with School of Communication Studies and Media Training and Research Center (MTRC) organized a Poster Making Competition on Promotion of Peace Through Literature and Arts on “Peaceful and Safer Campuses

(PSC)” at the Institute of Applied Psychology. It was a hands-on learning experience and an engaging activity for students. The competition was concluded with the declaration of winners, prizes and certificate distribution ceremony by Prof. Dr. Rafia Rafique; Director/ Professor, Institute of Applied

Psychology, Prof. Dr. Noshina Saleem; Director School of Communication Studies, Dr. Fatima Kamran; Associate Professor at IAP, Dr. Omama Tariq; Assistant Professor at IAP, Dr. Afifa Anjum; Assistant Professor at IAP and Mr. Faiz Younas; Lecturer at Institute of Applied Psychology.



## Pre-Conference Seminar on “Comprehensive Assessment” prior to 24<sup>th</sup> National Psychiatric Conference



**P**re-Conference Seminar on Comprehensive Assessment prior to the 24th National Psychiatric Conference held at Institute of Applied Psychology, University of the Punjab. Institute of Applied Psychology collaborated with The Pakistan Psychiatric Society for the Pre- Conference Seminar on "Comprehensive Assessment". 24th National Psychiatric Conference was scheduled for 26-28<sup>th</sup> November, 2021. Members of Pakistan Psychiatric Society came all the way from Faisalabad to uplift researcher's enthusiasm for the Conference. Prof. Dr. Intiaz Dogar, Chairman & Consultant Psychiatrist Department of Psychiatry & Behavioural Sciences, Punjab Medical College, Fsd, Prof. Dr. Irum Siddique, Assistant Prof. Dept of Psychiatry and Behavioral Science, Punjab Medical College and Faisalabad Medical University and Ms. Samreen Afzal, a Senior Clinical Psychologist, Department of Psychiatry and Behavioral Sciences DHQ, Hospital, fsd exquisitely delivered the lecture on Psychological Assessment and answered students' questions

## Orientation Session for the First year MPhil and MS-Health Psychology Students



**I**nstitute of Applied Psychology, University of the Punjab, arranged Orientation session for the new students of MPhil and MS- Health in the Auditorium of IAP. Notable teachers including Prof. Dr. Rafia Rafique; Director/ Professor, IAP, Dr. Fatima Kamran; Associate Professor at IAP and Dr. Afifa Anjum; Assistant Professor at IAP introduced the department and the courses. The rules of the Institute were laid down and students were encouraged to participate in both the academic and extra-curricular activities. The orientation session was followed by the department tour by Ms. Zunera Tariq and Ms. Hamna Zahid; Students were encouraged to interact with the teachers on the refreshment table.



## IAP Students' Participation in Painting Competition by Punjab Council of the Arts



Students of Institute of Applied Psychology, University of the Punjab participated ardently in the Painting Competition organized by Punjab Council of the Arts, Lahore in collaboration with Punjab Institute of Mental Health Lahore. Prof. Dr. Rafia Rafique; Professor/ Director Institute of Applied Psychology accompanied the students of Institute of Applied Psychology, University of the Punjab to encourage them whereas, Ms. Hamna Zahid, Ms. Kiran Shehzadi, Ms. Husna Ansari, Ms. Ayesha Aftab, Ms. Laiba Fatima, Ms. Ayme. Shahzadi and Ms. Fareeha Dilmeeer represented IAP. Students of various Universities including Government College University, National College of Arts, University of Central Punjab, Forman Christian College, Fazaia College actively participated in the competition. Along with the painting competition, singing, food stalls, stalls of souvenirs were organized to engage the audience and the participants.

## Closing Ceremony of "Peaceful and Safer Campuses" Project



Institute of Applied Psychology, University of the Punjab arranged the closing ceremony of the project "Peaceful and Safer Campuses Project" with the collaboration of Inter University Consortium for Promotion of Social Sciences (IUCPSS) and Media Training and Research Center (MTRC). Trained faculty members shared their experiences that was followed up by cake cutting ceremony. Prof. Dr. Rafia Rafique, Director at IAP, Dr. Fatima Kamran; Associate Professor, Dr Saima Ghazal Associate Professor at IAP and Dr. Afifa Anjum; Assistant Professor at IAP distributed certificates among the participants.



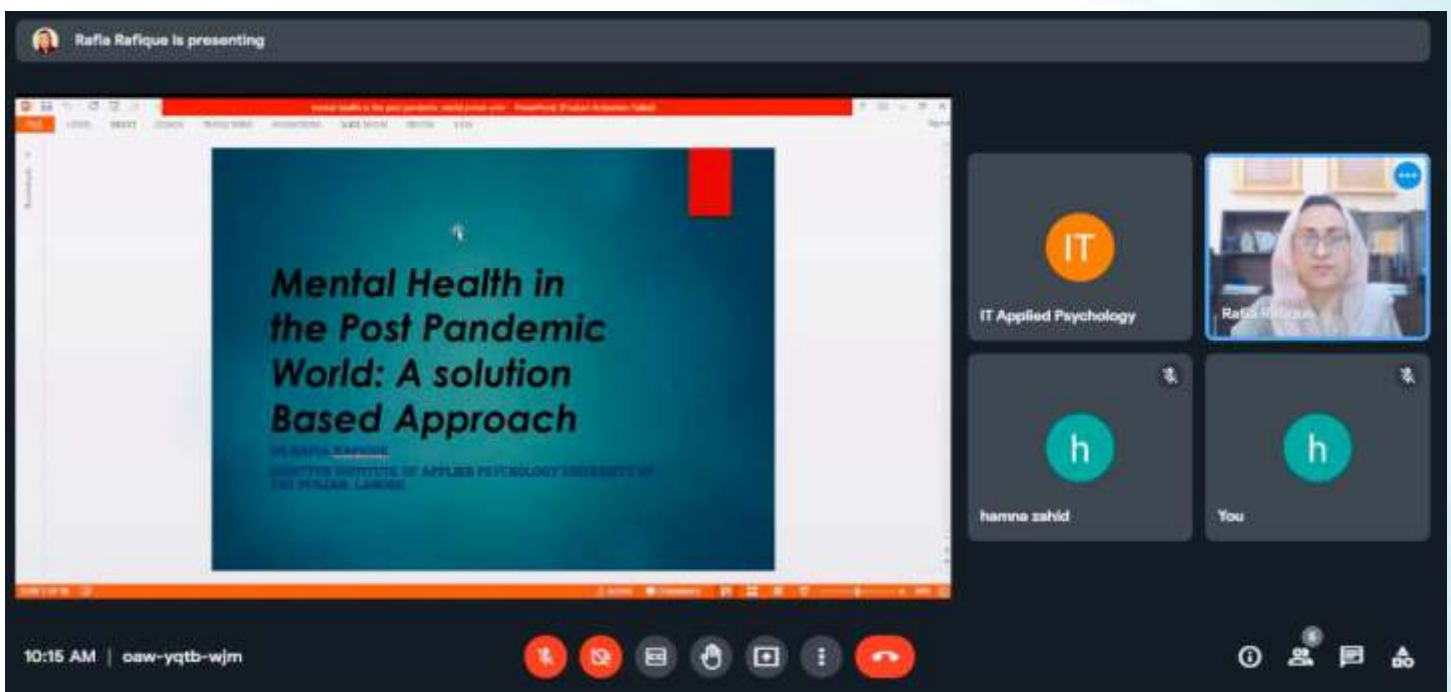
# 24<sup>th</sup> National Psychiatric Conference, Organized by Pakistan Psychiatric Society

Faculty members and students of Institute of Applied Psychology, University of the Punjab attended the 3-Days, 24<sup>th</sup> National Psychiatric Conference, organized by Pakistan Psychiatric Society (PSS) held in Pearl Continental (PC) Hotel, Lahore. The conference comprised of 25 parallel Scientific Sessions, Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique was the judge of “Clinical Psychologist Research Competition”. Three faculty members, Prof. Dr. Rafia Rafique, Dr. Fatima Kamran (Associate Professor, IAP) and Dr. Saima Ghazal (Associate Professor, IAP) chaired individual sessions at the conference. Dr. Afifa Anjum (Assistant Professor, IAP), Mr. Almas Irfan, Ms. Hamna Zahid and Ms. Zunera Tariq from IAP presented their Research Papers in the 3-Days Conference. Prof. Dr. Rafia Rafique, praised the efforts of Pakistan Psychiatric Society in connecting the Psychologists' and Psychiatrists' Communities of Pakistan and gathering them together on one platform. In the concluding remarks, Prof. Dr. Rafia Rafique, lauded the efforts of Prof. Dr. Imtiaz Dogar, President Pakistan Psychiatry Society (PSS), Ms. Samreen Riaz and all the organizing committee members for a successful organization of the 24<sup>th</sup> National Psychiatric Conference.



Keynote Address by Prof. Dr. Rafia Rafique at  
**the First National  
Conference on Undergraduate  
Psychology Research**

Organized by: Muhammad Ali Jinnah University, Karachi



Prof. Dr. Rafia Rafique delivered a key note address at First National Conference on Undergraduate Psychology Research FNCUPR-MAJU on “Mental Health in the Post Pandemic World: A Solution based Approach” on 27<sup>th</sup> November, 2021 organized by Muhammad Ali Jinnah University, Karachi. Prof. Dr. Rafia Rafique discussed the outlook of the post- pandemic era, changes in the medium of education from on- campus to the online mode and the pros and cons of both the mediums. Moreover, she highlighted the crucial role played by the IAP in establishing the Covid- 19 Mental Health Helpline during Pandemic and discussed the ways to sustain positive mental health post-pandemic.



# IAP Students Participation in “Arts & Crafts Exhibition” Organized by PIMH



Institute of Applied Psychology, University of the Punjab played its role in promotion of Arts and Crafts and for this the students of IAP attended the Exhibition to encourage the inmates of Punjab Institute of Mental Health (PIMH), Lahore. Prof. Dr. Rafia Rafique; Director/ Professor, Institute of Applied Psychology led the students who represented IAP and actively participated. Such activities promote occupational therapy of the inmates by facilitating their abilities to adapt, help them to organize and sustain positive mental health and well-being. Along with relishing the paintings exhibited at Alhamra Arts Council, stalls of vases, bangles, tie and dye shirts, cushion covers and tea engrossed the attention of the visitors as well.

## Post-Pandemic Awareness Campaign- Insight into Mental Health Challenges and Guidelines by Foreign Experts

INSTITUTE OF APPLIED PSYCHOLOGY



Institute of Applied Psychology, University of the Punjab organized the Post-Pandemic Awareness Campaign- Insight into Mental Health Challenges and Guidelines by Foreign Experts, The campaign was chaired by Prof. Dr. Rafia Rafique; Professor/ Director, Institute of Applied Psychology. The first speaker, Dr. Muhammad Iqbal Naeem, Consultant Psychiatrist and Senior Lecturer in Psychiatry at University of Manchester spoke on the "Psychology of Verbal and Non-Verbal Communication" and highlighted its importance while dealing with clients and in Psychology. The second speaker, Dr. Nosheen Sheikh is Consultant Psychiatrist, Visiting Psychiatrist at District Health Boards and Hospitals in New Zealand. She spoke on "Spirituality as an Evolving Paradigm in Well-Being". She emphasized on the role of Spirituality in improvement of Well-Being and the difference between Spirituality and Religion. These seminars were attended by the faculty members, and students of the IAP.

## Public Defense of PhD Candidates, Mr. Muhammad Faran and Ms. Tehreem Arshad



Students and faculty members of Institute of Applied Psychology, University of the Punjab congratulated PhD Candidate Ms. Tehreem Arshad and Mr. Muhammad Faran on their successful Public Defense seminars of PhD candidates. PhD Dissertation of Ms. Tehreem Arshad was on "Psychosocial Predictors of Quality of Life and Management of Mild Cognitive Impairment in Older Adults." Prof. Dr. Shabbir Ahmad Rana, Principal Govt. MAO College and Prof. Dr. Amna Muazzam, Tenured Prof. Lahore College for

Women University, Lahore were the external examiners for the Public Defense whereas, Prof. Dr. Rukhsana Kausar, Vice Chancellor, Govt. College Women University, Sialkot and Dr. Iram Fatima, Associate Professor at IAP were the internal examiners. PhD dissertation of Mr. Muhammad Faran was on "Musical Identities, Preferences, Peak Experiences and Flourish in Music Engagers." Prof. Dr. Anila Kamal, Vice Chancellor, National Institute of Psychology, Quaid e Azam University, Islamabad and Prof. Dr. Jahanzeb Khan, Vice

Chancellor, FATA University, Peshawar were the external examiners as approved by the Vice Chancellor whereas, Prof. Dr. Farah Malik, Professor, IAP was the internal examiner. Faculty members including Prof. Dr. Rafia Rafique; Professor/ Director, Institute of Applied Psychology, Dr. Saima Ghazal; Associate Professor, IAP, Dr. Omama Tariq; Assistant Professor, IAP and Dr. Afifa Anjum; Assistant Professor, IAP encouraged and attended the PhD Public Defenses.



# Post-Pandemic Awareness Campaign; Seminar on “Childhood Depression in Pandemic”



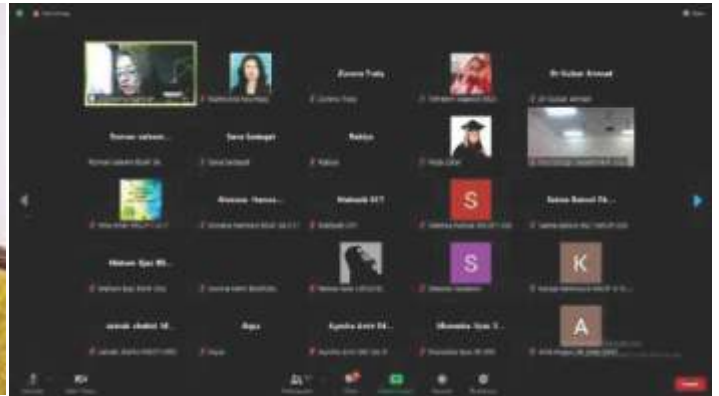
As the pandemic continues to limit our lives with cancelled activities and social distancing one thing we need to be alert for is depression and the alarming suicide rate, in our children. To address such issue, Institute of Applied Psychology, University of the Punjab arranged seminar in continuation of the Post-Pandemic Awareness Campaign; “Childhood Depression in Pandemic” by Dr. Muhammad Zeeshan; Assistant Professor of Psychiatry at the New Jersey Medical School and co-director of the Neuro-Psych-Biostat (NPB) course. It was an informative seminar with an interactive exchange of views and daily life examples. The seminar was attended by the students and faculty members including Prof. Dr. Rafia Rafique; Professor/ Director, Institute of Applied Psychology, Dr. Omama Tariq; Assistant Professor at IAP and Dr. Afifa Anjum; Assistant Professor at IAP.

## Panel Discussion on “Educational Challenges and Opportunities”



Covid -19 Pandemic is an educational pandemic as well. The education might remain compromised for years to come. Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology, University of the Punjab discussed Covid 19 and Education during the panel discussion on “Educational Challenges and Opportunities”. Other distinguished panelists were Prof. Dr. Ali Sajid, Prof. Dr. Amina Faisal (recorded talk) and Mr. Siddique. The panel discussion was a part of the Mental Health Week 2021 celebrations, arranged by Department of Psychology, Government College University Lahore.

## International Research Symposium of Psychology: “Challenges in Contemporary Psychology”, Lahore Garrison University.



Faculty members of IAP, Dr. Iram Fatima, Dr. Fatima Kamran, Dr. Saima Ghazal; Associate Professors at Institute of Applied Psychology, Dr. Omama Tariq and Dr. Afifa Anjum; Assistant

Professors at Institute of Applied Psychology chaired the sessions at International Research Symposium of Psychology: Challenges in Contemporary Psychology, Lahore Garrison University. Faculty and

students including Ms. Zunera Tariq, Ms. Aroosh Tayyab and Ms. Rabia Javaid presented their research studies in the scientific sessions for the International Research Symposium of Psychology.

## Poster Competition on “Peace & Mental Health”

Institute of Applied Psychology, University of the Punjab played a pivotal role in raising awareness regarding peaceful and safer campuses during pandemic. As there was widespread emotional distress, anxiety, depression, insomnia, during the pandemic. Students of Institute of Applied Psychology played their role in spreading mental health awareness by actively participating in poster competition on the theme “Peace and Mental health”. Certificate distribution ceremony was held among the students who participated in the event. Prof. Dr. Rafia Rafique, Director IAP and Associate Professor Dr. Saima Ghazal distributed the certificates among the students



# The 130<sup>th</sup> Convocation of University of the Punjab

**I**nstitute of Applied Psychology, University of the Punjab, Lahore congratulates its faculty member and students on receiving their degrees and medals in the 130<sup>th</sup> convocation of University of the Punjab, Lahore. The 130<sup>th</sup> convocation of University of the Punjab, Lahore was held on December 18, 2021 at Faisal Auditorium, University of the Punjab. Our faculty member, Dr. Afifa Anjum; Assistant Professor, Institute of Applied Psychology, University of the Punjab received her degree upon successful completion of PhD in Applied Psychology. Our students received gold medals for top positions in MPhil, MS, MSc and BS (Hons). Ms. Sara Amin Kahloon received gold medal for securing first position in MPhil Applied Psychology, Ms. Samia Khan received gold medal for first position in MS-Health Psychology, Mr. Salar Muhammad topped in MSc, Applied Psychology and Ms. Fajar secured the first position in BS (Hons).



# Urdu Poetic Contributions of IAP Students

Institute of Applied Psychology, University of the Punjab has given the students opportunity to share their words in the form of poetry.

یہ کیا کہ مرد کے آگے حقیر ہے عورت  
وہ بات کس لیے کرتے ہو جو اصول نہیں  
ہر ایک شخص کو انسان کی آنکھ سے دیکھو  
کہ مرد و زن میں تفاوت ہمیں قبول نہیں

عجیب بات کہ عورت کو فتنہ کہتا ہے  
اور اس کے بطن سے پیدا بھی آپ ہوتا ہے  
وہ کیسے ہاتھ اٹھائے کسی کی بیٹی پر  
جو اصل میں کسی بیٹی کا باپ ہوتا ہے

جدید دور کی ہر ریل پیل میں دیکھا  
جہاں نے علم کا روشن چراغ اور عورت  
اب اُن سے ہار کے بیٹھے ہیں وہ جوان کہ جو  
ہمیشہ کہتے تھے عالی دماغ اور عورت؟

برابری کے تعلق سے ہے بقاسب کی  
جو اس سے ہٹ کے ذرا سا بھی ہوستم جانوں  
تُو کہہ رہا ہے کہ عورت ہے مرد سے کم تر  
میں اپنی ماں کو کسی مرد سے نہ کم جانوں

مجھے یہ حیف ہے وہ بھی عدو نکل آئے  
جو توڑ پائے نہ بالکل حصار عورت کا  
بے ہیں جو بھی مخالف حقوق نسواں کے  
گھٹانہ پائیں گے ہرگز وقار عورت کا

نکل پڑے ہیں یہ پیغام لے کے سڑکوں پر  
ہمارے حق کے لیے ہر کوئی کلام کرے  
ہمارا ایک ہی منشور ہے کہ دنیا میں  
ہر ایک آدمی عورت کا احترام کرے

شاعر: سید مولیٰ کاظم (پی ایچ ڈی - سال اول)  
شعبہ اطلاقی نفسیات، جامعہ پنجاب لاہور

# English Poetic Contributions of IAP Students

## Freedom

Every time I ask for 'freedom' this  
word weighs heavy  
Presumed as bold choices and  
unconstrained decisions  
Don't they know that your conscious  
chains you?  
In self recognition you are restrained  
And in self responsibility you are  
liable  
There should be a counter word for  
that  
Because freedom of a woman is not  
celebrated,  
Freedom is not stray.

(Fizza Liaqat: BS Semester IV)

## The Warrior

Being this close to victory...  
Being able to almost taste its rich flavour...  
Then, being thrown back to the darkest hell of failure;  
Had carved her into the warrior that she was.

## Soul Mosaic

"She's failed everyone."  
So what?  
"She seems off her rocker."  
So what?  
"She can't stand still."  
So what?  
"She keeps looking around maniacly."  
So what?  
"She can't mask all of her pain."  
So what?  
"She's afraid of looking at her own  
reflection."  
So what?  
All of this will be irrelevant  
Once you have had a glimpse of her  
patched soul.

(Umme Kalsoom Malik)

## Lived Laughter

Bleeding heart: Check.  
Torn soul: Check.  
Battered spirits: Check.  
Crushed dreams: Check.  
Then how the hell can  
there be so much life in  
that laughter?

## Please Don't Beat Me!

When you were a child,  
I was so soft and mild,  
I never got angry on you,  
As I had no one other than you.  
When you committed a blunder,  
You said sorry with a folded  
hands, I kissed with love your  
hands.  
You know, whenever I summoned  
you  
You said, Mome! Your voice is a  
sweet song, That removes all my  
worries. But! Now you are a spiny  
throne, I can not seat on you. I  
know you distaste me, You can not  
endure me,  
I know I am unacceptable,  
But , Please! Do Not Beat Me,  
I cannot bear your heavy hands,  
I beg to you with folded hands,  
I beg to you with folded hands.  
I cannot bear you heavy hands

(Ismat Mehsud)

## Judgments

We live in a society where judged by caste  
and creed  
We live in a society where judged by the  
language we speak  
We live in a society where judged by nation  
We live in a society where judged by religion  
We live in a society where judged by  
unknowns  
We live in a society where judged by friend  
zones  
We live in a society where rich can't sleep  
We live in a society where poor can't eat  
If we want peace in the society we live  
We have to change negativity into positivity  
indeed!

(Zainab Tahir)

## Shining Souls

We all are shining souls  
Finding peace here and  
there  
In search of peace we find  
Few souls who make us  
Few who break us  
Life goes on and on  
And we try making  
memories  
Few good and few bad  
But remember !Life goes  
on and on  
It shall pass tooo

(Zainab Tahir)



# IAP at a *glance*



## Student Editors Chronicles-4

