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# IAP CHRONICLES

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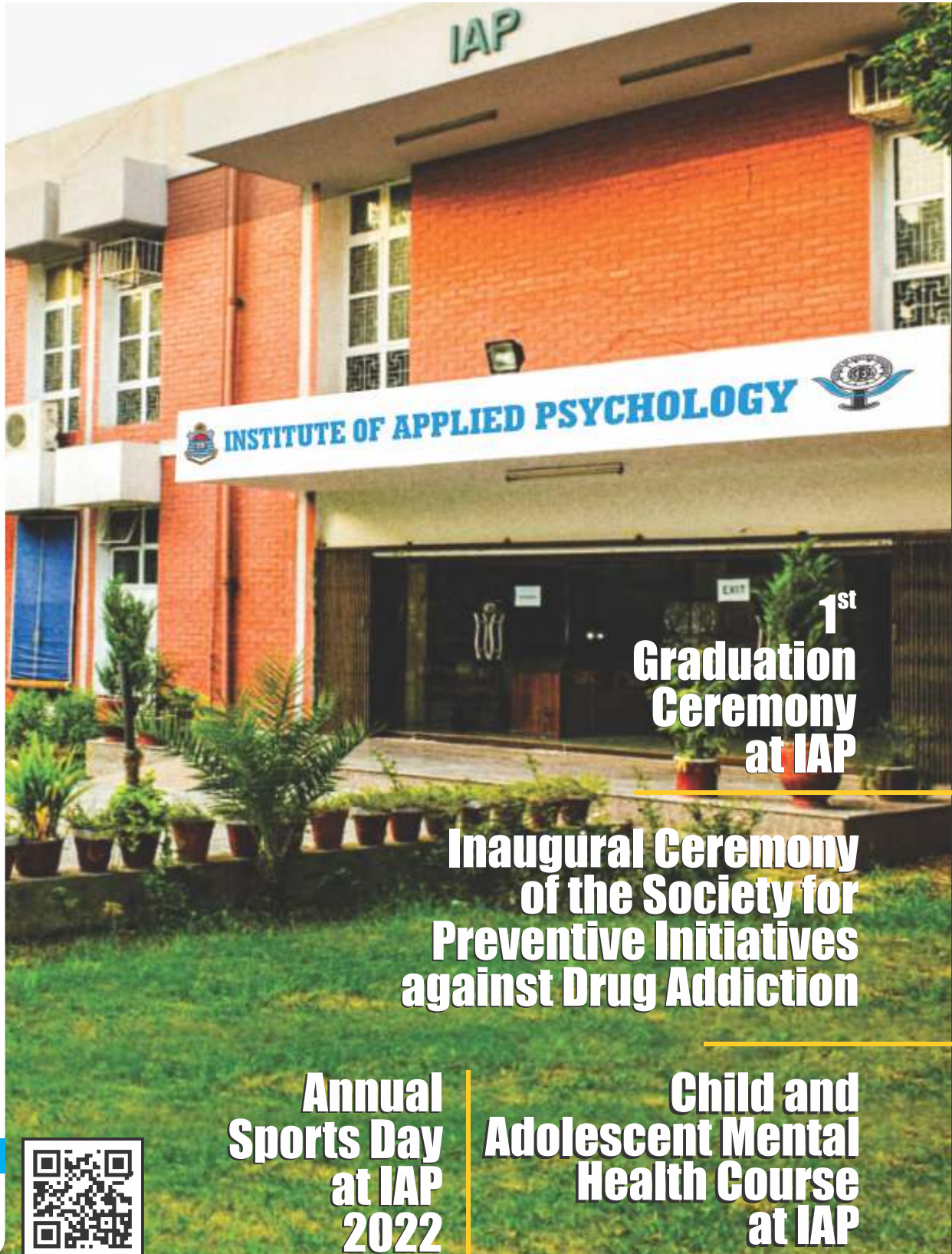
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1<sup>st</sup>  
Graduation  
Ceremony  
at IAP

Inaugural Ceremony  
of the Society for  
Preventive Initiatives  
against Drug Addiction

Annual  
Sports Day  
at IAP  
2022

Child and  
Adolescent Mental  
Health Course  
at IAP





*Glimpses of 1<sup>st</sup> Graduation Ceremony*  
**INSTITUTE OF APPLIED PSYCHOLOGY,  
UNIVERSITY OF THE PUNJAB**



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# IAP CHRONICLES

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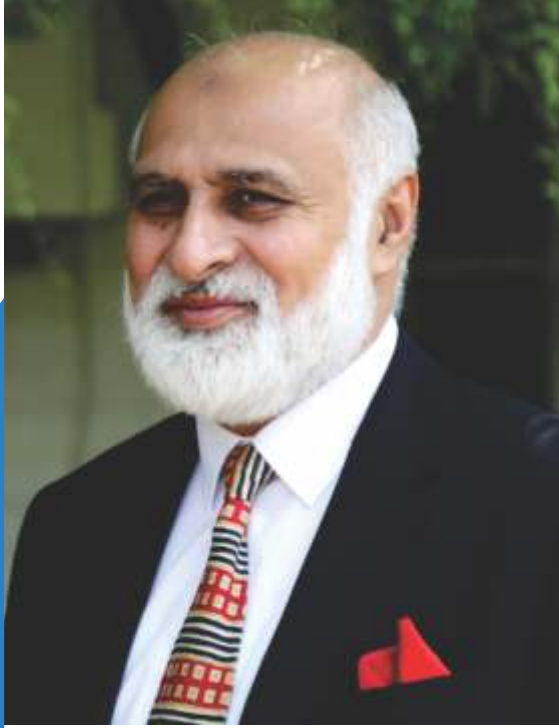
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**Professor Dr. Niaz Ahmad Akhtar (SI) holds a Ph.D. in Chemical Engineering from the University of Leeds, United Kingdom. He has done his undergraduate in Chemical Engineering from the University of Punjab. Previously, he served as the rector of the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

## 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 for mental health awareness and research.

  
Prof. Dr. Niaz Ahmad Akhtar  
Vice Chancellor



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



**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!

## Prof. Dr. Rafia Rafique

IAP, University of the Punjab



**I**AP is a center of academic learning, research and practical experience. It is recognized as one of the most vibrant and progressive academic departments among its contemporaries. The pivotal aim is to provide world class education and training in specialized domains of Psychology. The ultimate goal is to address the issues raised due to evolving fabric of social set ups and to transform social sciences from spherical existence to promulgate and address the colossal problems that are affecting human societies. The spirit is not only to cater social aspects' understanding, rather proactive approach towards curbing and solving the social dilemmas of Pakistani Society. Our core aim is to provide students a higher level of discipline-specific training, amalgamated with ethics inculcation, with prompting towards applying this training to serve the community at large. Pandemic is considered as the worst time of the 21st century when medical and psychological emergencies were witnessed on a daily basis. Keeping in mind one of the founding aims of the IAP, which 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 better cater to the psychological needs of the masses arising due to the pandemic and lockdown. IAP has also initiated the Society of Preventive Initiatives against Drug Addiction. The main aim of this initiative was to start interventional programs in different institutions of Pakistan. Mental Health Awareness Campaigns are actively being run by the faculty members and students under the clear vision to enhance the personal development and skills of the student body. We believe that the role of Universities is not only to produce graduates and offer degree programs but also to create knowledge and skills. IAP provides opportunities to engage in high quality research are provided to both undergraduate and graduate level students under a team of accomplished faculty members who provide both classroom teaching and outside the classroom mentoring to the student. Institute has been publishing "Journal of Behavioural Sciences (JBS)" since 1990 and due to high standards of publication; JBS has been placed in the "Y" Category of HEC Recognized Journals. IAP is also publishing "Psychological Abstracts" on annual basis that includes abstracts of all researches/theses conducted at the Institute on regular basis. The Institute actively arranges diverse workshops, seminars, webinars and field trips to broaden the experience and exposure of students and to disseminate psychological knowledge to the society. We have a supportive and friendly environment with an emphasis on rigorous professional skills training to develop the students' intellectual capacities along with occupational readiness. Currently, IAP has established linkages and collaborations with host of national and international institutes.

# Messages from MENTAL HEALTH PROFESSIONALS



**Dr. Nasar Khan**  
Professor of Psychiatry (Retd)  
Associate Professor in Queens  
University, Kingston, Canada

**W**hen I was contacted by one of the members of Institute of Applied Psychology to write few words, I started thinking about what to write and I just would like to say that

زندگی کچھ اور شے ہے، علم ہے کچھ اور شے  
زندگی سوڑ جگر ہے، علم ہے سوڑ دماغ

I'm sure Institute of Applied Psychology is a place where students could learn the latest knowledge with best possible options and best possible teachers. I feel pride. I feel honored to be part of the Institute of Psychology. And would love to serve and teach still till the end of my life.

I wish best of everything for the Institute of Applied Psychology and I hope that more research, more education, more modified version of new strategies of intervention in mental health will be taught to the students over the period of time.



**Dr. Mirrat Gul Butt**  
Senior Clinical Psychologist  
Department of Psychiatry and  
Behavioral Sciences Mayo Hospital  
Lahore Vice President PACT  
Finance Secretary PACP

**I**AP is a well-regarded institution for students, researchers, and instructors. IAP graduates have excellent conceptual clarity on their area. In recent years, the organization has focused more in increasing awareness and connecting psychologists. I enjoyed working with Prof. Dr. Rafia Rafique and other academic members. May they flourish and develop. My best wishes for IAP.



**Dr Saima Majeed**  
Associate Professor Department of Psychology  
FC College (A Chartered University).

Decision of doing PhD from IAP transformed me from a clinical Psychologist to a Researcher. I am thankful to all of my teachers who taught me during PhD course work and especially my Supervisor Prof Dr. Farah Malik. If you want to be an expert in research and statistical analysis then IAP, PU would be the best choice. I hope that the IAP keeps getting better and sets an example for future generations.



**Dr. Amna Arif**  
Assistant Professor  
Psychologist & Special  
Educationist UMT, Lahore

**I**AP, one of the most esteemed organizations and my alma mater, has a long history of providing quality services in the field of mental health. The IAP is progressing owing to the dynamic professional attitude of its Director, Prof. Dr. Rafia Rafique, as well as its academic members and students. I've had the pleasure of working with them on many occasions and have always found them to be extremely motivating and kind. The institute played a crucial role during the period of the COVID-19 Pandemic by launching a free helpline for those who are facing mental health issues during the lockdown. I wish IAP, a prosperous future.

# Messages from IAP Staff Members



**Mr. Iftikhar Ahmad**  
Librarian

I believe that the IAP is a source of pride for Pakistani psychology students. I think it is the most preferred Institute for Psychology for studies and healthy activities. At IAP we are promoting book reading culture. And under the leadership of Prof. Dr. Rafia Rafique, it is going to flourish more and more.



**Mr. Shafiq -ur -Rehman**  
Admin. Officer

مجھے یہ موقع دینے کے لیے بہت شکریہ۔ میں انسٹی ٹیوٹ آف ایپلائڈ سائیکالوجی کے بارے میں باضابطہ اور مخلصانہ طور پر اپنے جذبات کا اظہار کرنا چاہوں گا! IAP کا حصہ بننا عزاز کی بات ہے۔ ہمیں IAP پر فخر ہے۔



**Mr. Shabbir Ahmad**  
Naib Qasid IAP

مجھے IAP کے ساتھ کام کرنے پر فخر ہے۔ ڈائریکٹر پروفیسر ڈاکٹر رافیہ رفیق نے ہمیشہ اپنے اسٹاف کا خیال رکھا ہے۔ ان کا برتاؤ ہمیشہ سے ہی بہت فیاض اور مہربان رہا ہے۔ میں انسٹی ٹیوٹ آف ایپلائڈ سائیکالوجی کی مستقبل کی کوششوں کے لیے نیک خواہشات کا اظہار کرتا ہوں۔



**Mr. Muhammad Tanveer Bhatti**  
Technician

Director Prof. Dr. Rafia Rafique has been remarkable in testing times and has provided online services, counseling programs, public service messages and professional support to the government. With the help of her team, the faculty and students of IAP proved their dedication to the discipline of Psychology. We are proud of IAP



# Messages from IAP Students



**Ms. Hamna | M.Phil Scholar, IAP**

**G**etting admission at IAP, University of the Punjab, had always been my dream. Today I am proud to say that this institute has certainly played a pivotal role in broadening my horizon of intellect. Here, I also got to groom my personality. Research skills taught at this institute are unparalleled. In short, getting the opportunity to pursue my degree at Institute of Applied Psychology has proved to be a turning point in my academic life.



**Ms. Kainat Yousaf. | M.Phil Scholar, IAP**

**I**nstitute of Applied Psychology is a great place to learn not only about knowledge but also about life. I find myself fortunate to be a part of this distinguished place. This institute helped me to excel in every field of life by changing my perspectives to see the world with a broadened vision. I pray this institute shines its brightest light and illuminates Pakistani society with its brilliant psychologists. I believe in my Institute of Applied Psychology.



**Ms. Riffat Mukhtar | MS Health Trainee at IAP**

**I**t's not about reaching the peak; it's about making the climb; for the journey is what counts." As clichéd as this quotation is, I find that all clichés find their endurance and popularity in a certain degree of truth. Even the popularity and recognition that had been eluding me for so long were finally bestowed on me at IAP. At the Institution of Applied Psychology, I came across various people—both faculty and students—who contributed to my amazing memories at this esteemed and exceptional institution.



# Messages from IAP Students



**Ms. Arooj Fatimah** | MS Health Psychology trainee at IAP

**M**y experience in IAP so far has been amazing. In such a short period of time, I have learnt and enhanced my academic and interpersonal skills especially under the supervision of Prof. Dr. Rafia Rafique. I am still exploring all the opportunities IAP has to offer me. Institute of Applied Psychology is a very welcoming place, and makes us feel at home. As a whole, I had a great experience at Institute of Applied Psychology!



**Muhammad Zubair Saleem** | BS (Hons) 7 Student at IAP

**T**o Pakistan's psychological community, this department has made great contributions. And just getting in here is a significant accomplishment in and of itself. Regarding my experience in this department, I had both kinds of experiences here. My experience here has left me with a variety of memories. This department can enable you to accomplish your objectives. I'm happy that I got in here and that I had those experiences.

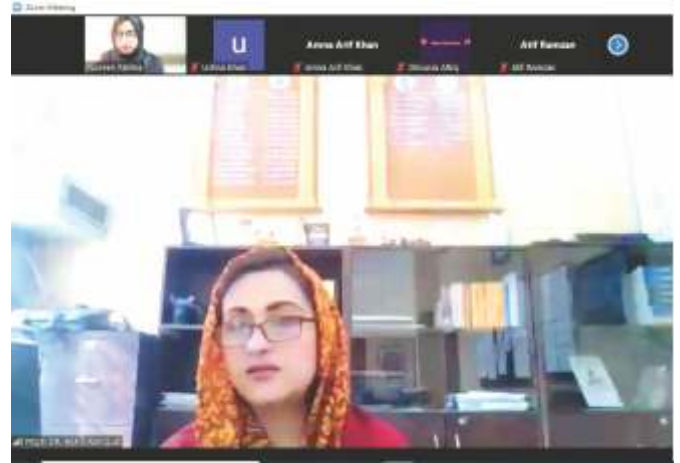


**Ms. Azan Ashraf** | BS (Hons) Student at IAP

**I**nstitute of Applied Psychology is an Institute providing programs in psychology. This institute also works on the mental health services and conducts awareness seminars for basic knowledge. Director/ Prof. Dr. Rafia Rafique is introducing her students with various opportunities in this field. She also involves her students in other activities like participating in different webinars and events on mental health. This Institute has a lot of opportunities for students and I am really grateful to be a part of this Institution.

## “The Need for Psychological First Aid” Webinar by Prof. Dr. Rafia Rafique, Director IAP

The need for Psychological First Aid is increasing and the awareness regarding this is paramount in enhancing the mental and emotional recovery of human beings from traumatic experiences like pandemic. Prof. Dr. Rafia Rafique Director, Institute of Applied Psychology, University of the Punjab delivered a lecture to the faculty and students of Bahria University explaining the principles, and components of psychological first aid and their implications in different settings.



## Health Desk by MS Health Psychology Scholars

Students of MS health Psychology Program set up Health Desk at the Institute of Applied Psychology as part of their course work. From the Health Desk, the Health Psychology trainees provided daily awareness to the students, staff members and visitors regarding the health compromising behaviors and lifestyles which increase their susceptibility to develop a chronic condition. Moreover, they guided them on how to live a healthy life while educating them regarding regular screening for chronic health conditions like cancer, ESRD, hepatitis, diabetes, obesity, hypertension, etc. They also motivated them to adopt preventive measures. Apart from regular awareness campaigns, students offer services like checkup of vitals which includes blood pressure, blood sugar and body mass index. And those who suffer from hypertension or diabetes were helped in maintaining their routine charts and were educated about the preventive measures. Students vow to keep on spreading awareness regarding contemporary health issues and play their part as productive members of the society.





# Orientation Ceremony at IAP University of the Punjab



IAP organized an on-campus Orientation for the BS-I students in the Auditorium of the Institute. Prof. Dr. Rafia Rafique, Director, IAP, delivered the welcome note which was followed by the recitation of the Holy Quran. The Orientation continued with the virtual tour of the Institute, highlights of the IAP, 2021 and

proficient deliverance of their introduction and details of the courses by the respected faculty members including Dr. Fatima Kamran and Dr. Saima Ghazal; Associate Professors, Institute of Applied Psychology, Dr. Omama Tariq and Dr. Afifa Anjum; Assistant Professors, IAP and visiting faculty members including Mr. Rameez

Ahmad Sheikh, Mr. Ghulam Ishaq, Dr Muhammad Altaf and Ms. Faryal Waheed for their respective areas of specializations. The orientation ended with the tour of the institute, tea and question answer sessions in which the queries of the students were addressed effectively.

# Public Defense of PhD Candidate



Faculty and Students of IAP congratulate Ms. Arooj Arshad on successfully defending her PhD research. Dr. Saima Ghazal; Associate Professor at IAP and Prof. Dr. Noshina Saleem; Professor/ Director at School of Communication Studies, PU were internal examiners. Ms.

Arooj Arshad's PhD thesis was on "Women Portrayal in Electronic Media: An Efficacy Study of Media Literacy Intervention". Prof. Dr. Sadia Saleem; Director, Institute of Clinical Psychology, UMT and Prof. Dr. Amna Muazzam, Tenured Prof. of Lahore College for Women University, Lahore were external

examiners for her PhD. Prof. Dr. Rafia Rafique; Director, IAP, Dr. Saima Ghazal; Associate Professor, IAP and Dr. Omama Tariq; Assistant Professor, Institute of Applied Psychology congratulated Dr. Saima and Dr. Nosheena for successful PhD defense of Ms. Arooj Arshad.

## Pre- Defense Seminar of PhD Candidate

The Pre- Defense seminar of PhD candidate working under the supervision of Dr. Afsheen Masood was conducted 15<sup>th</sup> February, 2022. PhD dissertation of Mr. Waqas Hassan was on the "Role of Non-Cognitive Predictors in Academic Performance of Undergraduate Students".







## “Preventive Initiatives against Drug Addiction (SPD)” of IAP

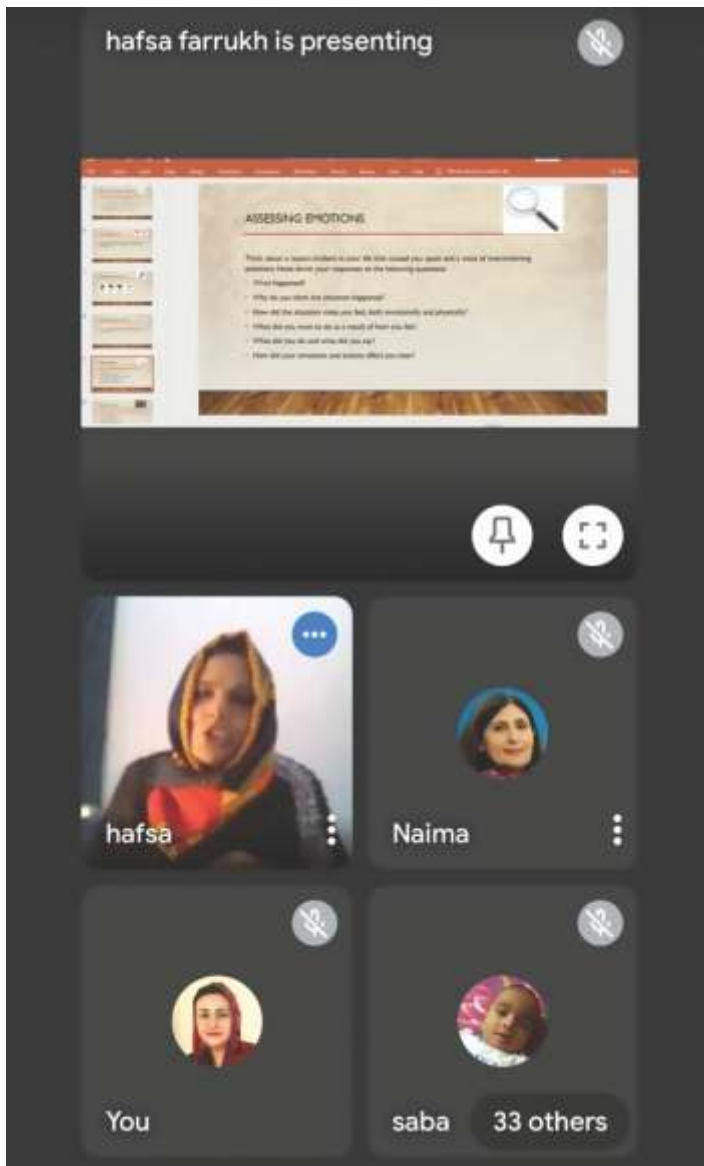
Mental Health Professionals came together for the joint purpose of Drug Abuse Prevention in Pakistan. The first meeting to initiate the Society of Preventive Initiatives against Drug Addiction (SPD) of Institute of Applied Psychology, University of the Punjab was held on 26th January, 2022. Mental Health Professionals including Prof. Dr. Rafia Rafique; Professor/Director, Institute of Applied Psychology, Dr. Fatima Kamran and Dr. Saima Ghazal; Associate Professors, Institute of Applied Psychology, University of the Punjab, Dr. Afifa Anjum; Assistant Professor, Institute of Applied Psychology, University of the Punjab, Dr. Usman Rasheed; Clinical Psychologist, Chairman PRISM, a number of Clinical Psychologists and lecturers attended the meeting. The mission statement and the objectives of the society were discussed and the program for the Inaugural Ceremony of SPD in the upcoming future was planned.

## Condolence Reference for Prof. Dr. Rafia Hassan (Late)



Institute of Applied Psychology organized a Condolence Reference for Prof. Dr. Rafia Hassan (Late) on 1<sup>st</sup> February, 2022 at the Auditorium of IAP. Tribute was paid to Prof. Dr. Rafia Hassan by her colleagues; Prof. Dr. Najma Najam, Prof. Dr. Ruhi Khalid, Prof. Dr. Rukhsana Kausar, Dr. Naumana Amjad, Faculty Members; Prof. Dr. Rafia Rafique, Dr. Saima Ghazal, Dr. Fatima Kamran, Dr. Afifa Anjum, Mr. Faiz Younas and staff members; Mr. Ghulam Rasool and Mr. Ashiq Hussain. Prof. Dr. Rafia Hassan's daughters; Dr. Naveed Hassan and Ms. Nada Hassan attended the Condolence Reference. Dr. Ayesha Sitwat Associate Professor CCP concluded the reference with a dua. All colleagues, students, friends and family were in tears. Dr. Rafia Hassan was an institution in herself. To pay tribute to her 26 years of services for IAP a video was compiled by IT staff of Applied Psychology. Hundreds of her colleagues and students joined the reference online. Dr. Rafia's contributions will always be remembered.

## A Webinar on “Learning Effective Management of Emotional Experience”



Institute of Applied Psychology arranged a webinar on “Learning Effective Management of Emotional Experience” by Ms. Hfsa Farrukh, who is a Clinical Psychologist working with both adults and children. She is a member of APA and Australian and New Zealand Mental Health Association. The webinar was conducted from the platform of IAP, University of the Punjab, chaired by the Director of IAP, Prof. Dr. Rafia Rafique, and moderated by Ms. Hamna Zahid. The talk focused around the ability to understand, use, and manage emotions in a positive way. The webinar was live streamed through the official Facebook page of IAP.

## WPA Thematic Congress 2022 on “Public Mental Health Awareness and Associated Opportunities



Faculty members and students of IAP attended the 3-Days, WPA thematic congress 2022 on “Public Mental Health Awareness and Associated Opportunities” from 11th–13th March, held at the Nishat Hotel in Lahore. The conference comprised of nine keynote

lectures and 13 paper sessions. The Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique gave an awareness talk on “Women During Pandemic” in the women mental health session on the second day of the congress. Ms. Aziza Riaz, Ms. Aqsa Nasrullah and Ms. Maria Muhammad Tahir Mufti from IAP presented their research papers in the 3-Days Conference and were awarded with certificates. Prof. Dr. Unaiza Niaz, Consultant Psychiatrist and Psychotherapist, and Dr. Nazish Imran, a PMDC-verified psychiatrist, presented Prof. Dr. Rafia Rafique, a shield as a gesture of appreciation. It was a great opportunity for the students of IAP to learn about the latest research trends in mental health.



## Orientation Session on "Child and Adolescent Mental Health Course" at IAP



IAP in collaboration with Pakistan Institute of Living and Learning (PILL) and Global Mental Health and Cultural Psychiatry Research Group hosted the orientation session for the "Child and Adolescent Mental Health Course" (CAMHC) at the Institute of Applied Psychology, University of the Punjab.

Prof. Nusrat Hussain from University of Manchester and Prof. Umbreen Masood from USA joined the orientation session online. Prof. Zainab Zadeh of PILL joined online while other members of PILL including Mrs. Afshan Qureshi, Miss Maha and Miss Muqaddas Asif joined in person. Miss Maham Rasheed from Global Lead of Teaching Training and Development gave the orientation and shared the mission, objectives and goals of the Child and Adolescent Mental Health Course. Director Institute of Applied Psychology Prof Dr. Rafia Rafique addressed the event and shared the aspects of the course.

## Shield of Honour on PhD of Dr. Afifa Anjum Faculty Member at IAP



Faculty member Institute of Applied Psychology, University of the Punjab Dr. Afifa Anjum has been awarded shield of honour upon completion of her PhD degree in the convocation 2020. All faculty members offered congratulations to Dr. Afifa Anjum who is assistant professor at IAP.

## Inaugural Ceremony of Society for Preventive Initiatives against Drug Addiction

IAP, hosted the inaugural ceremony of the Society for Preventive Initiatives against Drug Addiction SPDA. The sole purpose of SPDA is Drug Free Pakistan. Worthy Minister for Excise, Taxation and Narcotics Control, Hafiz Mumtaz Ahmed, Vice Chancellor, University of the Punjab, Prof. Dr. Niaz Ahmad Akhtar, Dean Faculty of Social Sciences, Prof. Dr. Umbreen Javed and Dr. Fatima Kamran, Dr. Afifa Anjum, Dr. Usman Rasheed, and renowned clinical Psychologist joined the ceremony Mr. Humayaun Saeed sang a song on Drug Addiction. Prof Dr. Niaz Ahmed Akhtar, VC University of the Punjab appreciated and acknowledged the efforts of SPDA. Mr. Hafiz Mumtaz Ahmad discussed that the first strategic step to combat this evil is to start screening students in educational institutes. Prof Dr. Rafia Rafique stated that SPDA will create a workforce of young emerging leaders capable of bringing positive, sustainable, measurable and lasting change in the society to root out drug abuse. Positively Happy Team members Dr. Zainab Javed, Dr. Huma and Dr. Junaid shed light on the use of the resources available at the community level for the prevention and reduction of drug abuse. A poster competition under the theme of "Drug Free Pakistan" was also organized at the IAP. Trophies and certificates were distributed among the winners of the Poster Competition. Shields Poster were presented to the honorable guests who were present at the ceremony.



## Webinar on "Parenting Matters in Mental Wellbeing of Children and Adolescents: Challenges and Way Forward".

Institute of Applied Psychology in collaboration with Pakistan Institute of Living and Learning (PILL) conducted a webinar on "Parenting Matters in Mental Wellbeing of Children and Adolescents: Challenges and Way Forward". A couple of National and International speakers including Dr. Muhammad Zeeshan; Assistant Professor, Psychiatry, New Jersey and Dr. Roshelle Ramkison; Consultant Child and Adolescent Psychiatrist, UK spoke on how personality and wellness of children is shaped by parenting. It was an interactive session and was held at the Institute of Applied Psychology.





## Pre-Conference Workshop on "Challenges to Optimal Use of Social Media in Professional Psychological Practice"



IAP organized a Pre-Conference Workshop entitled "Challenges to optimal use of social media in professional psychological practice" prior to the WPA Thematic Congress 2022 that was scheduled to be held from 11th-13th March. The Congress was organized by WPA 2020-23 Action Plan Working Group on Public Mental Health and IAP collaborated with them along with Fountain House and Horizon (NGO) for this Workshop.

Facilitators for the workshop were Prof. Imran Ijaz Haider, HOD, Department of Psychiatry Fatima Memorial Hospital, Prof. Dr. Nazish Imran, HOD Department of Child and Adolescent Psychiatry at Mayo Hospital Lahore and Dr. Irum Aamer Assistant Professor at Department of Psychiatry, Mayo Hospital Lahore. In the 3-hours long interactive workshop, the resource persons shed light on the social media addiction and its psychological consequences

and how social media can be used to improve the mental health of the people. Director IAP, Prof. Dr. Rafia Rafique, concluded the workshop by thanking the guest resource persons and asserted that it is high time psychologists start working on negative impacts of social media addiction. Faculty members including Dr. Fatima Kamran and Dr. Afifa Anjum and MS Health Psychology and MPhil students attended the workshop.



# Women's Day Celebrations at IAP 2022



Institute of Applied Psychology celebrated Women's Day 2022 to acknowledge struggles of women and to enlighten the fact that Gender Equality is essential for a sustainable tomorrow. Honourable chief guest for the Women's Day Celebrations was Ms. Kashmala Khan, Federal Ombudsman for Harassment. The event was graced by Dean Faculty of Behavioural and Social Sciences, Ms. Shaista Hasan, CEO Stibnite Solutions, Ms. Komal Faisal, an Educationist and Clinical

Psychologist, Dr. Attiya Anjum, who works with UN for underprivileged women in US and Ms. Washfa Mushtaq, an entrepreneur who works for betterment of breast cancer patients. Guest speakers highlighted the role of women in different sectors of society. Chief Guest Ms. Kashmala Khan, shared her struggles as a woman to motivate young girls and then educated them that the Federal Ombudsman Secretariat for Protection against Harassment (FOSPAH) is developed

to protect the rights of women and guided them how to take help from the government. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique asserted that it's the competence of women that whatever role they take up, they can excel in that. The event was attended by faculty members of IAP including Dr. Fatima Kamran, Dr. Saima Ghazal and Dr. Afifa Anjum along with students and staff members of IAP. Event was live streamed through social media of IAP.



# Annual Sports Day at IAP 2022

Annual Sports Day 2022 was celebrated at the Institute of Applied Psychology, University of the Punjab on 17th March, 2022. The occasion was graced by the worthy Dean Faculty of Behavioral and Social Sciences, Prof. Dr. Umbreen Javed. Ribbon cutting ceremony was followed by a welcome address by Prof. Dr. Rafia Rafique. Chief organizer of the Sports Day, Dr. Afifa Anjum and her team organized several games for students. These included Cricket, Badminton, Chess, Ludo, Tug of War, Lemon and Spoon Race, Three Leg Race, Sac Race, and Musical Chair. For the refreshment and engagement of the students, several stalls were also put up by the students of IAP. Event was concluded with the awards distribution ceremony among the winners and runners-up. Prof. Dr. Umbreen Javed distributed the trophies, medals and certificates among students and appreciated their enthusiasm towards sports. Entire sports event was live streamed on the official Facebook page of IAP.





## Public Defense of PhD Candidate, Ms. Nosheen Ramzan



Students and faculty of Institute of Applied Psychology, congratulated Ms. Nosheen Ramzan on successful Public Defense. of her PhD. Dissertation on “Father Involvement, Family Environment, Interparental Conflicts and Psychological Adjustment in Adolescents”. Prof. Dr. Muhammad Jahanzaib Khan, Vice Chancellor FATA University and Prof. Dr. Robina Hanif, Director, National Institute of Psychology, Quaid-i-Azam University, Islamabad were the external examiners for the Public Defense whereas, Prof. Dr. Farah Malik; Professor at IAP and Dr. Iram Fatima; Associate Professor at IAP were internal examiners. Faculty members including Prof. Dr. Rafia Rafique, Professor/ Director, IAP, Dr. Omama Tariq; Assistant Professor, IAP and Dr. Afifa Anjum; Assistant Professor congratulated the candidate and supervisors.



## Drug Free Pakistan Campaign by Society for Preventive Initiatives against Drug Addiction



Drug Free Pakistan Campaign by Society for Preventive Initiatives against Drug Addiction (SPDA) and Institute of Applied Psychology. Was Started to create awareness against the menace of drug addiction among students, IAP arranged a walk within the premises of University of the Punjab led by Prof. Dr. Rafia Rafique; Director, IAP. Faculty, students, and staff distributed flyers for spreading awareness on drug abuse and drug addiction among students. Dr. Usman Rasheed, Clinical Psychologist and Chairman PRISM, Dr. Zainab Javed; Clinical Psychologist, Irfan Kissana and Dr. Junaid Rasool; Psychiatrists, faculty members like Mr. Faiz Younas; Lecturer at IAP, Visiting Faculty, Staff of IAP, media personnels and journalists Iftikhar Khan ;President & Chairman(PMWC), Mehar Ishtiaq Ahmad Columnist, Feature Writer Daily Pakistan, Nadeem Nazar, Magazine Editor, Daily Mashriq, Aqeel Anjum Awan Columnist, Magazine Editor Daily Jehan e Pakistan, Tahir Durrani Author, Writer, Columnist, Daily Samaa, Imdad Ellahie NEO Channel joined the walk for the joint purpose of the campaign against Drug Addiction.



# 1<sup>st</sup> Graduation Ceremony at Institute of Applied Psychology, University of the Punjab



Institute of Applied Psychology celebrated its 1st Graduation Ceremony on 29th March, 2022. Institute of Applied Psychology aimed to meet the needs of an ever changing higher education landscape, to promote active learning and prepare a future generation of professionals. Prof. Dr. Umbreen Javaid; Dean Faculty of Behavioral and Social Sciences

honored the occasion with her presence as the Chief Guest. Prof. Dr. Najma Najam Professor, Emeritus, Prof. Dr. Ruhi Khalid; Professor/ Director, Beaconhouse National University, Prof. Dr. Naumana Amjad; Dean NUR International University, Prof. Dr. Rafia Rafique; Director, Institute of Applied Psychology, Dr. Irum Fatima; Associate Professor IAP, Dr.

Fatima Kamran Associate; Professor IAP, Dr. Omama Tariq; Assistant Professor IAP, Dr. Afifa Anjum; Assistant Professor IAP and Mr. Faiz Younas; Lecturer IAP attended the Graduation Ceremony, conferring students gold medals, shields, academic roll of honors and degrees for MPhil, MS- Health Psychology, MSc. and BS (Hons.) In Applied Psychology.



## Participation of IAP Students in “Mental Health Activity Day” by COMSATS



Students of Institute of Applied Psychology, University of the Punjab participated ardently in the “Mental Health Activity Day” organized by COMSATS University, Lahore Campus. Students of IAP, attended the talk on “Forensic Psychology: An unexplored Domain in Pakistan”. After that they participated in the Inter-University Quiz Competition, Ms. Komal Aamir, Ms. Alisha Ishfaq and Mr. Rizwan Javaid represented IAP and got fourth position in the Quiz Competition. Students of IAP enthusiastically participated in the Poster Competition and made posters on the theme of “Mental Health in the Unequal World”. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique, lauded the active participation of students of IAP in the Mental Health related activities.

## Webinar by Prince Sultan University, Saudi Arabia on “Prevalence, Causes and Management of Panic Attacks & Exam Anxiety among Students”



Faculty and Students of Prince Sultan University and of Institute of Applied Psychology, University of the Punjab attended the webinar arranged by Prince Sultan University, Saudi Arabia. Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology was the resource person. Dr. Rafia discussed the Prevalence, Causes and Management of panic attacks and exam anxiety among students. The focus of the awareness webinar was to help identify students who need help to overcome panic attacks and anxiety so that they can have better wellbeing and academic success. This webinar was in series to awareness webinars arranged by Covid-19 Mental Health helpline of IAP. IAP continues to provide community mental health services.



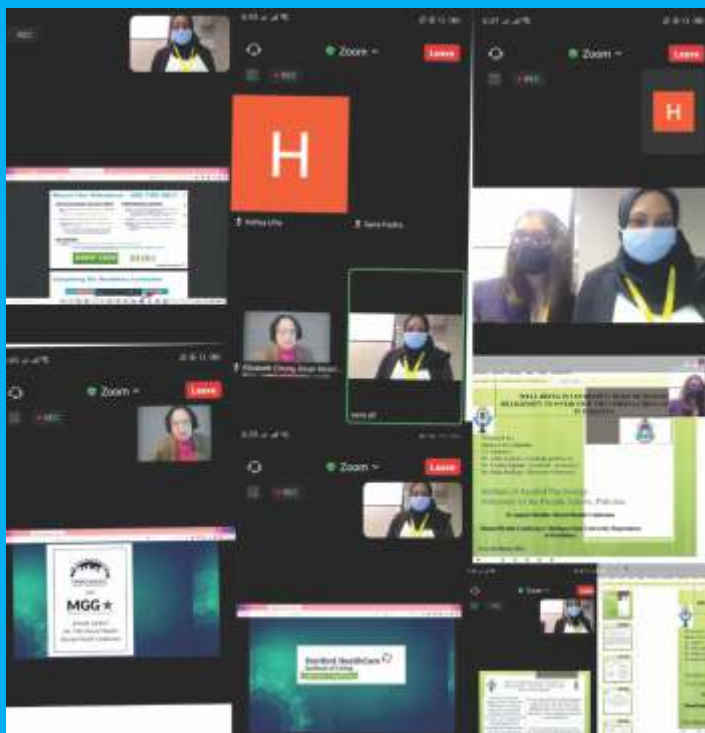
# 3-Days, 1<sup>st</sup> International Conference on Sustainable Development Goals, at LCWU



Faculty members and students of IAP attended the 3-Days, 1<sup>st</sup> International Conference on Sustainable Development Goals, at Lahore College for Women University, Lahore, Pakistan – 29th to 31st March 2022. The conference comprised of parallel Scientific Sessions, and Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique was the keynote speaker and talk was on the “ Mental Health and Wellbeing in the times of Pandemic: Challenges

and Future Directions. Dr. Fatima Kamran (Associate Professor, IAP) chaired a session at the conference on Health and Wellbeing. Ms Humna Abid and Ms. Ayesha Tahir from IAP presented their Research Papers in the 3-Days Conference. The objective of this conference was to provide a chance to multidisciplinary experts and high-level practitioners from around the world to exchange knowledge, ideas, experiences and expectations of challenges involved with the SDGs.

14<sup>th</sup> International Muslim Mental Health Conference by Muslim Mental Health Consortium and Michigan State University



A research paper on the Role of Muslim religiosity to overcome Corona virus anxiety and wellbeing by Ms. Hafiza Ufrah Alauddin student of IAP; co-authored by Dr. Afifa Anjum, Prof. Dr. Rafia Rafia and Dr. Fariha Anjum was presented at the 14<sup>th</sup> International Muslim Mental Health Conference on 25<sup>th</sup> -26<sup>th</sup> March 2022, by Muslim Mental Health Consortium and Michigan State University Department of Psychiatry at Yale University, USA. The conference theme was 'Fragilities unmasked: Emerging from social isolation, inequalities and COVID'. The conference was held in hybrid mode. Participants from more than fifty countries participated in the conference in person and online.

## “Dr. Rafia Hassan Gold Medal”



Ms. Fajar Rafi (BS 2020) was awarded Dr. Rafia Hassan Gold medal in the 1st Convocation of IAP. Prof Dr Rafia Hasan, an eminent academician in Psychology went to her heavenly abode on the 27<sup>th</sup> January 2022 (May her soul rest in peace). Her seminal contributions to the field of Psychology in Pakistan along with special reference to her role in pioneering and extending the scope of this department (now an Institute) of Applied Psychology PU, merited that her name be carved in history. So her daughters, Nada Hasan and Dr. Naveed Henderson decided a better way to remember her by giving out a gold medal of excellence in her name to the IAP BSc Program, so that each coming year students could aspire to build a name for themselves by following the path of Prof. Dr. Rafia Hassan.





## Punjab University Library Book Lover Award 2022



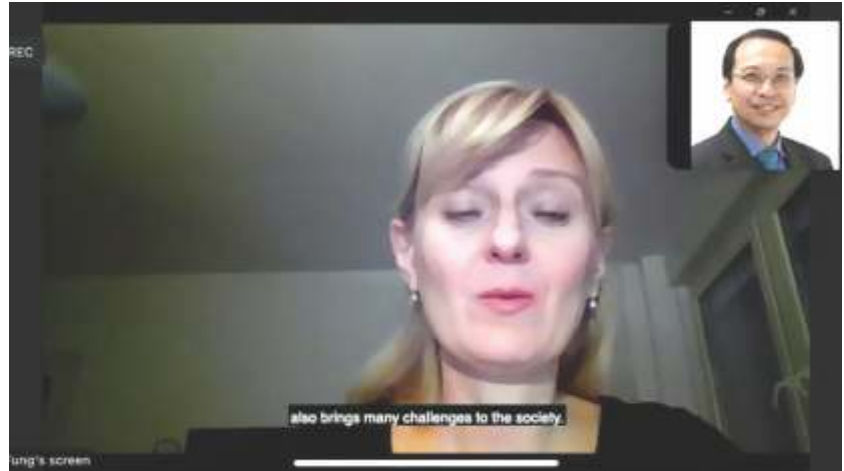
Institute of Applied Psychology takes pride to announce the achievement of our students who have won the Punjab University Library Book Lover Award 2022 held on 20th April, 2022. Ms. Ayesha Aftab from BS (Hons) (2018-2022) and Ms. Abeera Latif BS (Hons) (2018-2022) received the prestigious award on account of maximum use of Punjab University Library.

## Training Workshop on “Counseling the Elderly” at IAP



A hands-on training workshop on 'Counseling the elderly' was conducted on April 20th, 2022 at IAP, University of the Punjab, Lahore. The workshop was arranged by Dr. Afifa Anjum. The resource person was Ms. Sadia Adnan. She is an internationally recognized motivational speaker, life coach, psychologist and behavioral counsellor who has been serving the industry for more than 20 years. She has been recently awarded as the best global life coach in Dubai and was awarded as the best motivational speaker in 2018 by University Sains Malaysia. She has recently been called to Istanbul University Turkey as a guest speaker and has graced various national institutions and organizations with her services, coaching and mentoring. The workshop covered important skills required for dealing with elderly clients along with practical hands-on experience and techniques of individual counseling.

# Official Launch of “World Infant, Child and Adolescent Mental Health Day”



The 23<sup>rd</sup> April 2022 is declared as World Infant, Child and Adolescent Mental Health Day (WICAMHD) in order to recognize the global importance of infant, child and adolescent mental health and advocate for the promotion of mental health and prevention of mental illness in infants, children and adolescents. Faculty, Professionals and Volunteers of Covid-19 mental health helpline and students of Institute of Applied Psychology attended the Official Launch of World Infant, Child and Adolescent Mental Health Day (WICAMHD) | Minding the Heart of the World. Speakers were Dr. Daniel Fung, President of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). Prof. Mario Speranza, President of the International Society

of Adolescent Psychiatry and Psychology (ISAPP). Assoc. Prof Campbell Paul, President of the World Association for Infant Mental Health (WAIMH). Assoc. Prof. Vlatka Boričević Maršanić, MD, PhD, Specialist in Psychiatry and Child and Adolescent Psychiatry, Center for Children, Adolescents and Parents, Faculty of Education and Rehabilitation Sciences, University of Zagreb, Zagreb, Croatia. Dr Liu Jing, Professor and Chief, Director of Mental Health Center for Children, Peking University Institute of Mental Health and Sixth Hospital, China. Dr Fusun Cetin Cuhadaroglu, Professor and Chair of the Department of Child and Adolescent Psychiatry, Hacettepe University, Ankara, Turkey.



# Awareness Session on “The Disease of Addiction and Healthy Coping Alternatives”



## SPEAKER

1. Prof Daniel Fung, President of International Association for Child and Adolescent Psychiatry and Allied Professions
2. Assoc Prof Campbell Paul, President of the World Association for Infant Mental Health (WAIMH)
3. Dr Liu Jing, Child psychiatrist, Professor and Chief, Director of Mental Health Center for Children, Peking University Institute of Mental Health and Sixth Hospital, China.
4. Assoc. Prof. Vlatka Boričević Maršanić, Secretary of the Child and Adolescent Psychiatry Section, World Psychiatric Association
5. Pr Mario Speranza, President of the International Society of Adolescent Psychiatry and Psychology (ISAPP)
6. Füsun Çetin Çuhadaroğlu, Professor and Chair of the Department of Child and Adolescent Psychiatry, Hacettepe University, Ankara, Turkey



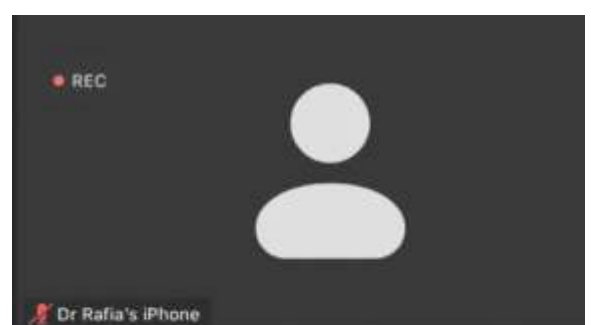
Faculty, Students of IAP and members of Society for Preventive Initiative Against Drug Addiction (IAP) attended an Interactive Awareness Session on “The Disease of Addiction and Healthy Coping Alternatives” organized by Home Town Community Foundation. The session was highly informative in which speakers discussed about the risk factors like genetics, lack of attachment, peer pressure and psychological factors that lead to

addiction. The eminent speakers of the session were 1) Prof Daniel Fung, President of International Association for Child and Adolescent Psychiatry and Allied Professions, 2) Associate Professor Campbell Paul, President of the World Association for Infant Mental Health (WAIMH), 3) Dr. Liu Jing, Child Psychiatrist, Professor and Chief, Director of Mental Health Center for Children, Peking University Institute of Mental Health and Sixth Hospital, China, 4)

Associate Professor Vlatka Boričević Maršanić, Secretary of the Child and Adolescent Psychiatry Section, World Psychiatry Association, 5) Pr Mario Speranza, President of the International Society of Adolescent Psychiatry and Psychology (ISAPP) and 6) Füsun Çetin Çuhadaroğlu, Professor and Chair of the Department of Child and Adolescent Psychiatry, Hacettepe University, Ankara, Turkey.

# 2-Days VIRTUAL GLOBAL CONFERENCE on “Parenting Intervention Learning through Play”

The faculty members and students of Institute of Applied Psychology, attended a 2-Days Virtual Global Conference on “Parenting Intervention-Learning through Play (LTP)”. The conference was organized by the University of Toronto, Centre for Addiction and Mental Health (CAMH), Manchester Global Foundation, University of Manchester and Punjab Institute of Living and Learning (PILL) on 9th and 10th May, 2022. The conference aimed to develop awareness regarding “Parent's mental health” and “Effective Parenting for Children's development”. Distinguished national and international speakers including researchers, health professionals and organizational leaders discussed the global research evidence of learning through Play (LTP). Some of the notable speakers included; Prof. Nusrat Husain, Professor of Psychiatry, Director Research Global Mental Health, Division of Psychology and Mental Health, University of Manchester; Prof. Nasim Chaudhary, Chief Executive Officer-Pakistan Institute of Living and Learning, Professor of Psychiatry-Dow University of Health Sciences, Health of Psychological Medicine-Remedial Centre Hospital, Consultant Psychiatry-South City Hospital, Karachi; Ms. Rabia Sattar, Research Associate/Clinical Psychologist, Punjab Institute of Living and Learning; Edward Tronick, Ph.D, Director Child Development Unit, Harvard University; Dr Ming Wai Wan, Developmental Psychologist, University of Manchester. It was a great learning experience for the students of Institute of Applied Psychology, IAP continues to provide academic excellence to its students.





A Lecture on  
**“Forensic Psychology  
& Role of Polygraph”**  
by IAP



Institute of Applied Psychology held a lecture on “Forensic Psychology and Role of Polygraph” on May 12th, 2022 at the IAP. The lecture was arranged by Prof. Dr. Farah Malik. Mr. Abid Ayub was the resource person. He is a Forensic Scientist and in charge of Polygraph Department-Punjab Forensic Science Agency, Lahore. Mr. Abid Ayub talked about the importance of Forensic Psychology and how Forensic Psychologists can play a pivotal role in applying principles of psychology to law. He discussed factors related to crime and ways to prevent them. The lecture was followed by the discussion on the role of polygraph in detecting deception. It was a new learning experience for the students of IAP that gave them insight to explore different career opportunities in Forensic Psychology. Institute of Applied Psychology believes in academic excellence to enhance the exposure of the students.



## 3-Days, International Young Psychologists Fiesta 2021-22 at Al-Hamra Art Council.



Faculty members and students of IAP attended the 3-Days International Young Psychologists (IYP) Fiesta 2021-22 at Al-Hamra Art Council, Lahore. This fiesta was organized by Young Psychologists Association (YPA). The 3-days Fiesta comprised of parallel scientific sessions, along with it an Innovative Business Ideas Model Contest (IBMC), and a Live Painting competition were organized for the students to participate and showcase their skills and capabilities. The Director IAP, Prof. Dr. Rafia Rafique, chaired the panel discussion session on "Development of Social and Self Identity in Adolescents." The Worthy panelists included Prof. Dr. Rafia Rafique (Director IAP), Dr. Fatima Kamran (Associate Professor, IAP), Dr. Afifa Anjum (Assistant Professor, IAP), Dr. Saleha Javed (Business Psychologist and Gender Expert) and Dr. Chanie Messinger (Occupational Therapist). The key objective of the Fiesta was to provide a chance for multidisciplinary mental health professionals from across the world to exchange knowledge, ideas, experiences, and expectations within the field of psychology.

## Conference on “Drug Abuse and Its Effects on Society”



The faculty members, members of Society for Preventive Initiatives against Drug Addiction and students of IAP attended a conference on “Drug Abuse and Its Effects on Society”. The conference was organized by Hometown Community Foundation in collaboration with Quaid-I-Azam University, Islamabad on 15th May, 2022. The Webinar's resource persons were; Prof. Dr. Imtiaz Ahmad Dogar, Chairman/HOD of Department of Psychiatry and Behavioral Sciences DHQ/Allied Hospital, Faisalabad, President, Pakistan Psychiatric Society, General Secretary SAARC Psychiatric Federation; Dr. Imran Sabir, Assistant Professor of Sociology Department, Quaid-i-Azam University, Islamabad, Sociologist, Freelance Research Consultant. This is the need of the hour to work on preventive measures against drug addiction. Drug Addiction is an evil, and with evil there can be no yielding and compromise.

# 2<sup>nd</sup> International Conference on Management and Social Sciences 2022 by LGU



Professor Dr. Rafia Rafique Director Institute of Applied Psychology chaired and presented her research at the 2nd International Conference on Management and Social Sciences (ICMSS 2022) arranged by Lahore Garrison University. The research presented touched the important topic of wellbeing of adolescents and how it can be enhanced during post Covid period. The conference provided a platform for students of IAP to update themselves on latest trends in social sciences research.

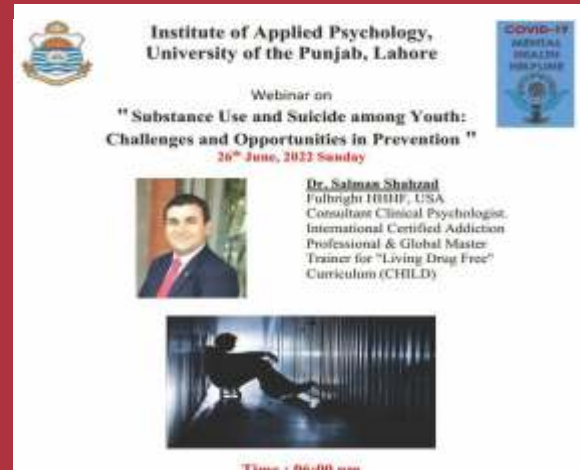


## Successful Public Defense of PhD Candidate Ms Nida Zafar



Faculty and Students of IAP congratulate Ms. Nida Zafar on successful Public Defense of her PhD Dissertation titled “Psychosocial Factors and Implications of Usage of Social Networking Sites: A Cross Cultural Study”. Prof. Dr. Muhammad Jahanzeb Khan; Vice Chancellor FATA University, TSD Darra Adam Khel, NMD Kohat and Prof. Dr. Iftikhar Un Nisa Hassan; Director Department of Clinical Psychology, Shifa Tameer Millat University, Islamabad were the external examiners. Prof. Dr. Rukhsana Kausar; Vice Chancellor, Government College for Women University, Sialkot and Prof. Dr. Stale Pallesen; Professor, Department of Psychosocial Sciences, University of Bergen, Norway were the internal examiners. Dr. Rafia Rafique, Director, and Faculty Institute of Applied Psychology congratulated Ms. Nida Zafar for successfully defending her PhD research.

## Webinar on “Substance Use & Suicide in Youth: Challenges & Opportunities in Prevention”



IAP arranged an enlightening webinar on “Substance Use and Suicide in Youth: Challenges and Opportunities in Prevention” on 26th June, 2022 as celebrating the Worldwide International Day against Drug Abuse and Illicit Trafficking. The notable speaker for the webinar was Dr. Salman Shahzad; who is Fulbright HHHF, USA Consultant Clinical Psychologist/Clinical in charge, Associate Professor of Clinical Psychology in charge; Research and Training Unit for Prevention & Treatment of Substance Use Disorder Principal I; Substance Abuse Programs and Interventions in HEIs International Certified Addiction Professional & Global Master Trainer-UTC Global Master Trainer; The Child Intervention for Living Drug Free Curriculum (CHILD), Global Prevention Coordinator-UPC, Global DDR Trainer UNODC, Vienna, Institute of Clinical Psychology, University of Karachi, Pakistan. The webinar was chaired by director of Institute of Applied Psychology, Prof. Dr. Rafia Rafique, and moderated by Ms. Zunera Tariq. Dr. Salman explained the psychological impact of drug abuse and different risk factors that are associated with alcohol use in adolescents. He also talked about the different Preventive Programs and challenges in outer and inner context. The webinar was attended by a wide audience and was concluded with question answer session.



# IAP at a *glance*



## Student Editors Chronicles-05

