



PROSPECTUS

Institute of Applied Psychology

University of the Punjab, Lahore - Pakistan





Institute of Applied Psychology



MPhil Applied Psychology (Session 2019-21)



MS Health Psychology (Session 2019-21)



Msc. Morning (Session 2019-2021)



Msc. Replica (Session 2019-2021)



BS-4 Years Morning (Session 2017-2021)



BS-4 Years Replica (Session 2017-2021)



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WELCOME TO THE INSTITUTE OF APPLIED PSYCHOLOGY

As one of the oldest and most renowned universities in Pakistan, University of the Punjab is a prestigious institution with national and global recognition, and amongst the top ranked Universities in Pakistan and Asia. The Institute of Applied Psychology was established in 1962 as Department of Applied Psychology and Prof. Dr. Ghulam Jillani (late) was its founding Chairman. Prof. Dr. Rafia Hassan (late), Prof. Dr. Seemen Alam, Prof. Dr. Najma Najam, Prof. Dr. Ruhi Khalid, Prof. Dr. Hamid Sheikh (late), Dr. Mian Aftab Ahmed (late), Prof. Dr. Yasmin N. Farooqi, Prof. Dr. Rukhsana Kausar, Prof. Dr. Farah Malik, Prof. Dr. Firdaus-e-Bareen, Dr. Iram Fatima and Prof. Dr. Rafia Rafique (the Current Director) are amongst the successor Chairpersons of the Institute. Currently Prof. Dr. Rafia Rafique is serving as the Director of the Institute. Ever since its establishment, the Institute has served as the premier center of Applied Psychology in Pakistan. As an acknowledgment and recognition of its contributions in the field of Psychology, initiation of various degree programs and with the untiring efforts of the directors, faculty members and assisting staff, the Department was upgraded and given the status of Institute in 2013. Located alongside the beautiful Lahore canal, at the Quaid-e-Azam Campus of University of the Punjab, the Institute of Applied Psychology is recognized as one of the leading academic Institute in the discipline of Psychology in Pakistan. It has built an international reputation for its outstanding teaching and advancement in research and publications. On the basis of its outstanding academic and research expertise, Higher Education Commission (HEC) Pakistan selected it for strengthening and up-gradation.

The BS-4 years programs(Regular & Replica); BS 5th Semester (Regular & Replica) programs, MPhil, MS Health Psychology and PhD program, all have played a pivotal role in uplifting the profile of the Institute. Submission of a huge number of applications for admissions in different programs each year is indicative of not only the popularity of the subject of Applied Psychology but also of the Institute of Applied Psychology. It can be said with pride and great humility that over the years, Institute of Applied Psychology has become a top choice for the majority of students pursuing their careers in Applied Psychology. In future, MS Counseling and Well-being will also be offered in order to train professionals to cater to the demands of a dynamic society. The courses taught are challenging, are comparable to those offered at international universities, and are designed to provide its graduates the best possible outcomes in terms of their intellectual growth, research expertise and career development.





MESSAGE FROM THE VICE CHANCELLOR



Prof. Dr. Khalid Mahmood
Vice Chancellor

I appreciate the faculty and students of Institute of Applied Psychology for providing volunteer social services for enhancing psychological well-being of the masses. My sincere appreciation is for IAP for its unwavering commitment to volunteer services, education facilities, awareness webinars, workshops, and community work. Their dedication to enhance the psychological well-being of the masses is truly commendable, especially in the face of the unprecedented challenges posed by the Covid-19 pandemic. In recent years, the global community has faced unprecedented challenges due to the Covid-19 pandemic. Despite the uncertainty and chaos, the Institute of Applied Psychology promptly established a Tele-Mental Health Helpline and provided training for volunteers to enhance the psychological well-being of the masses. I commend their timely efforts and appreciate their commitment to expanding their services beyond the Covid-19 Mental Health helpline to include awareness campaigns. This was made possible through the judicious and timely use of technology, and the mental health team at the Institute of Applied Psychology, under the mentorship of Prof. Dr. Rafia Rafique and her colleagues, have rendered unconditional support in promoting the mental health of the community.



MESSAGE FROM THE VICE CHANCELLOR

They have conducted post-Covid campaigns focused on the psychological well-being of individuals, and have established the Society for Preventive Initiatives against Drug Addiction to address the issue of drug addiction in society. I highly value their vigilance in engaging all stakeholders, including government, media personnel, and educationists, to combat this problem. The Institute of Applied Psychology is making a significant contribution to the education system of Lahore and surrounding districts. The department is committed to achieving academic excellence by continuously improving its research and teaching activities. It aims to create an environment that encourages the generation, dissemination, and assimilation of knowledge among faculty and students. The Journal of Behavioral Sciences, an HEC approved journal, is a testament to this commitment and is recognized for publishing evidence-based contemporary research. I am proud to say that the Institute of Applied Psychology (IAP) is fulfilling its delicate and important responsibility of promoting mental health in the current challenging circumstances. The efforts put by IAP to organize seminars, webinars, and workshops in partnership with foreign institutions to address emerging issues faced by society are highly appreciated. These initiatives are essential for training students and professionals in the latest research and practices in the field of psychology. I pray that Allah Almighty grant them the energy and spirit to continue this sublime work. This effort is essential for building a culture of care, empathy, tolerance, and professionalism in Pakistan. I extend my best wishes to the IAP in all their future endeavors for the betterment of the community and offer my unwavering support to help them continue playing a pivotal role in peace-building in society.



MESSAGE FROM THE DIRECTOR



Prof. Dr. Rafia Rafique
Director, Institute of Applied Psychology

At Institute of Applied Psychology, 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 promulgation and addressal of 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. This is matter of substantial reality that Social Sciences is at the heart and core of peaceful and advanced societies in the world. In fact, social scientists have managed to figure out the knack of amassing enough information about the people, groups, and societies for devising strategies, methods, theories, and technologies to rigorously address the problems they encounter in past few decades. It is indeed a matter of great pride that the Department of Applied Psychology, established in 1962 was upgraded as the Institute of Applied Psychology in 2013. This speaks volumes about the far reaching progress of academic and research activities in the Institute which are at par with international standards of academia in spite of limited resources. Institute of Applied Psychology is committed to provide quality education and its faculty is zealous to equip its graduates with skills in different areas of specialization and research expertise. 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. The institute is equipped with excellent resources human as well as technical in nature, i.e. laboratories and well-equipped library exists to create a supportive and stimulating environment for teaching and learning.

Since its inception in 1962, it has continued to grow in all possible domains. In addition to Regular BS-4 years Morning Program, the Institute has been offering BS-4 years' Replica Program as well in addition to MPhil, PhD and MS Health Psychology Programs. Previously, the Institute also offered 2-years BS 5th Semester Applied Psychology (Morning & Replica) Programs for Associate Degree Pass Candidates. In order to keep our students updated with recent and international developments in the discipline, curriculum is revised on regular basis.



MESSAGE FROM THE DIRECTOR

Moreover, internships, placements and research projects are maintained as integral part of the course work at all levels. In addition to teaching and training, we invest in moral development and character-building of our students. We make dedicated efforts to inculcate sense of responsibility, volunteerism, active citizenship and social responsibility towards community among our graduates. Community work is mandatory for students across different programs and is a unique feature of the Institute. In recognition of our commitment to high academic standards, Higher Education Commission of Pakistan selected the Institute for Strengthening and Up-gradation. The Institute continues to increase its resources in form of latest books, access to databases, computers, lab equipment, and latest psychological equipment & assessment tools.

We believe that the role of Universities is not only to produce graduates and offer degree programs but also to create knowledge. Therefore, Research is a distinctive feature of the Institute and to facilitate research, the Institute has taken various steps. 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. Institute of Applied Psychology is also publishing "Psychological Abstracts" on annual basis that includes abstracts of all researches/theses conducted at the Institute on regular basis. Faculty members are actively involved in supervision of students' research work at BS, BS 5th Sem. MPhil, MS Health Psychology and PhD levels, conducting their personal research projects and sharing their indigenous research work in the national and international conferences across the globe and publishing research papers in journals of international repute. We also take pride in our project of "Student Counseling and Assessment Services (SCAS)" that has been offering counseling to the University students since 2005. The SCAS is run by a team of experienced Clinical Psychologists at the premises of University Health Centre under the supervision of the Director of the Institute of Applied Psychology. Counseling for diverse psychological problems that may hamper academic performance and personal growth of a student is provided to the bona fide University students free of cost. In addition, SCAS also renders facilitation to the University administration for customized services for the University community. Institute of Applied Psychology holds seminars, workshops, symposia, and national and international conferences as a regular feature. At the academic front, we look forward to a productive and challenging year ahead and welcome enthusiastic and eager students. I firmly believe that our success and achievement is a result of team effort; a team of committed faculty members, hardworking staff, motivated students, and valuable input of our Alumni. Our alumni are serving in diverse fields of Applied Psychology and highly competitive organizations, both at home and abroad. In addition, any progress in the Institute is only possible with continued support for new initiatives by the University's competent authority and we continue to rely on his support. I welcome you all in this prestigious institute and wish you a great success in studies and future endeavors.

Director
Institute of Applied Psychology



ABOUT THE INSTITUTE

History of the Institute

In response to the need for an Institution in the field of Psychology which would offer Degree programs oriented towards the practical solution of problems, the Department of Applied Psychology was established in September 1962 on the temporary premises at Lawrence Road, Lahore. Subsequently, the Department was shifted to University of the Punjab's Quaid-e-Azam Campus main block (near Faisal auditorium), and in 1992 it moved to its current premises. The Institute is situated along the bank of canal, in front of IBA. Due to academic excellence and research based programs, the Department has been upgraded as "Institute of Applied Psychology". Prof Dr. Ghulam Jilani (late) was appointed as the Founder Head of the Department. Prof. Dr. Rafia Hassan (late), Prof. Dr. Najma Najam, Dr. Seemeen Alam, Prof. Dr. Ruhi Khalid, Prof. Dr. Hamid Sheikh (late), Dr. Mian Aftab Ahmed (late), Prof. Dr. Yasmin N. Farooqi, Prof. Dr. Rukhsana Kausar, Prof. Dr. Farah Malik, Prof, Dr. Firdaus-e-Bareen, Dr. Iram Fatima and Prof. Dr. Rafia Rafique (the current Director) are amongst the successors.



The Institute is offering BS-4 years (Regular & Replica) & BS 5th Semester-2-years (Regular & Replica) for associate degree pass candidates, M.Phil, MS and Ph.D degree programs under semester system. The Institute provides first rate instructions and practical training in various specialized areas of Psychology such as, Clinical Psychology, Counseling Psychology, Developmental Psychology, Organizational Psychology, Health Psychology, and Forensic Psychology. This training prepares students for careers in diverse fields. The Alumni of the Institute have found their place in diverse settings; they are serving in various Educational Institutions, Armed Forces, Special Services, Counseling and Guidance Centers, Selection Boards, Research Organizations, Civil Services, Business Enterprises, Industrial Settings, Social Welfare Agencies, Prisons, Forensic Department, Hospitals, Rescue services and NGOs both at home and abroad. The Institute's main focus is on applied research to find practical solutions to the social and psychological problems and to address stresses faced by the general population on a day-to-day basis. In view of the: changed geopolitical &

environmental conditions; increased wave of terrorism & natural disasters in the country; pervasiveness of new epidemics such as Dengue; heightened level of stress and frustration among the masses, new courses in Peace Psychology, Positive Psychology, Health Psychology, Environmental Psychology, Forensic Psychology, Military Psychology and Post Disaster Psychological Management have been added to the curricula across all levels. Keeping in view the stresses and problems, faced by the university students and in order to help them utilize their potentials which in turn would help improve their academic performance, the Institute has been offering free Student Counseling and Assessment Services (SCAS) since 2005. Since its inception, the SCAS has offered counseling to a vast majority of students and staff, enabling them to perform well academically and socially.

The Institute is known for hosting various events such as conferences, commemoration of special days, and lectures by renowned speakers. Workshops, seminars, webinars, and training courses are also offered. The Institute puts emphasis on the moral development, character-building, mannerism, and self-grooming of its graduates. To instill a sense of volunteerism, active citizenship, and social responsibility, mandatory community work is required for all degree programs. The Institute has established partnerships with national and international organizations to enhance teaching, training, and research collaboration. Last year, the Institute was awarded the Abdul Hai Alawai Scholarship for having a graduate who held the first position in the MSc Program.

Vision Statement

- Producing trained psychologists, behavioral scientists, and mental health professionals that may serve the community well
- For the past six decades, Psychology has been strengthened through its practice at local, regional, national, and international levels. This vision is guided by core ethical values and has resulted in innovative and scholarly research contributions in various areas of psychology, produced by dedicated professionals.
- Our goal is to provide community services through mental health experts and prepare future behavior scientists and practitioners in Applied Psychology. Our aim is to equip them with the skills and knowledge to make a significant and meaningful contribution to community welfare.

Mission Statement

- To provide high-quality academic and practical training in Basic and Applied Psychology and its allied fields of specialization.
- To familiarize, train and inculcate the knowledge of psychology into the students in efficacious, research-oriented and training-paved manner.
- To prepare the students for careers in teaching, health, assessment, research, and community services to meet the demand in various sectors such as Industry, Military, Government, Mental Health, Social Welfare, Counseling and Guidance Centers, Educational Departments, Prisons, NGOs, Forensic Science Agency and Police and Rescue Departments.
- To carry out and publish high-quality indigenous researches on topics relevant to our social problems as well as international issues.
- To equip the students with problem-solving skills that would help them in personal adjustment as well as to facilitate others to adjust in everyday life and to respond to the community in emergency situations warranting psychological help to the victims/survivors.



TEACHING FACULTY

Dr. Rafia Rafique (Director)

Director and Professor

Post-Doc (University of Nottingham, UK)

PhD (University of the Punjab, Pakistan)

ADCP – Part 1 & 2 (University of the Punjab, Pakistan)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

Post-Doctoral Supervisor

Areas of Interest: Counseling Psychology, Health Psychology,
Psychosocial Risk Factors of Medical Illnesses.



Dr. Najma Najam

Professor Emeritus

Post-Doc (University of Georgia Athens, USA)

PhD (Bowling Green University, Ohio, USA)

MA (Bowling Green University, Ohio, USA)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

Areas of Interest: Substance Abuse, Neuropsychology, Parental Acceptance Rejection,
Developmental Disorders, Women Issues and Women in Higher
Management, Peace Psychology





TEACHING FACULTY

Dr. Farah Malik

Professor

Fulbright Post-Doc Fellowship (University of Connecticut, USA)

Post-Doc (University of Birmingham, UK)

PhD (Quaid-i-Azam University, Pakistan)

MPhil (Quaid-i-Azam University, Pakistan)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

Areas of Interest: Clinical Psychology, Developmental Psychopathology,
Child Abuse and Neglect, Cognitive and Forensic Psychology,
Family Violence.



Dr. Saima Ghazal

Professor

Post-Doc (University of Oklahoma, USA)

PhD (Michigan Tech University, USA)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

Areas of Interest: Decision Making, Individual Differences, Psychometrics,
Organizational Psychology, Human Factors, Leadership, Quantitative
Research and Predictive Modelling





TEACHING FACULTY

Dr. Iram Fatima

Associate Professor (Tenured)

PhD (GC University, Lahore, Pakistan)

M Phil (University of the Punjab, Pakistan)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

Areas of Interest: Social Psychology, Positive Psychology, Application of Statistics in Psychology.



Dr. Fatima Kamran

Associate Professor

Post-Doc (Royal Holloway University of London, UK)

PhD (University of Surrey, UK)

ADCP (University of the Punjab, Pakistan)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

Associate Professor (Adjunct Faculty)

School of Medicine

Taylor's University, Malaysia

Areas of Interest: Clinical Psychology, Health Psychology, Quality of Life, Renal Transplantation, Qualitative Research Methods.





TEACHING FACULTY

Dr. Shazia Qayyum

Associate Professor

PhD (Central University of Nicaragua, Nicaragua)

MPhil (University of the Punjab, Pakistan)

MBA (University of the Punjab, Pakistan)

MSc (University of the Punjab, Pakistan)

Areas of Interest: Organizational Psychology, Human Resource Management, Training & Counselling, Social Psychology



Dr. Afsheen Masood

Associate Professor

Post-Doc (University of the Punjab, Pakistan)

Ph D (University of the Punjab, Pakistan)

MBA (Virtual University)

DHMS (National Council for Homeopathy, Pakistan)

MSc (University of the Punjab, Pakistan)

Areas of Interest: Developmental Psychology, Neuropsychology,
Psychological Testing and Assessment, Childhood
Psychopathology, Family Studies, Organizational Behaviour.





TEACHING FACULTY

Dr. Afifa Anjum

Associate Professor

PhD (University of the Punjab, Pakistan)

MSc – Gold Medalist (University of the Punjab, Pakistan)

Areas of Interests: Positive Psychology, Social Psychology and Scale Development, Psychometrics.



Dr. Omama Tariq

Assistant Professor

PhD (University of Brighton, UK)

MS (Clinical Psychology University of the Punjab, Pakistan)

MSc (University of the Punjab, Pakistan)

Areas of Interest: Clinical Psychology, Psychopathology, Parental Acceptance-rejection, Health Psychology, Social Psychology.





TEACHING FACULTY

Dr. Mujeeba Ashraf

Assistant Professor (on Adhoc) (on Ex-Pakistan leave)

PhD (University of St. Andrews, UK)

MS Top-Up in Clinical Psychology (University of the Punjab, Pakistan)

ADCP (University of the Punjab, Pakistan)

MSc (GC University, Lahore, Pakistan)

Areas of Interest: Gender bias, Patriarchy and Religion, Role of Social Identity in Minority Groups, War on Terror, Inter- group Processes and Inter- group Behavior, Power, Conflict, Prejudice and Discrimination, Crowd Psychology, Political Psychology.



Mr. Faiz Younas

Lecturer

MPhil (GC University, Lahore, Pakistan)

MSc (GC University, Lahore, Pakistan)

Areas of Interest: Psychology of Gender and Sexuality, Forensic Psychology, Social Psychology, Scale Development, Qualitative Research





ASSISTING STAFF

Name of Non-Teaching Staff

Mr. Iftikhar Ahmad
Mr. Shafiq-ur-Rehman
Mr. Moeen ul Haq
Mr. Muhammad Usman Zaib
Mr. Muhammad Saleem
Mr. Naeem Munir
Mr. Muhammad Asif
Mr. Salman Naseer
Ms. Shazia Yousaf
Mr. Muhammad Jamil
Ms. Aqsa Nasrullah
Mr. Muhammad Umair

Mr. Muhammad Tanveer Bhatti
Ms. Faiza Siddique
Mr. Saleem Ahmad
Mr. Ashiq Hussain
Mr. Nasrullah
Mr. Haseeb Ahsan
Ms. Aalia Mubarak
Mr. M. Shoaib Maqbool
Mr. Hafeez Ullah Cheema
Syed Akhlaq Ahmad Shah
Mr. Nayyar Sultan
Mr. Shabbir Ahmad
Mr. Muhammad Pervaiz
Mr. Muhammad Imran
Mr. Rab Nawaz
Mr. Muhammad Waseem
Mr. Sajjad Ali
Mr. Mubarak Masih
Mr. Ahsan Masih

Designation with BPS

Librarian (BPS-18)
Assistant Controller (BPS-17)
Assistant (BPS-16)
Assistant Network Admin. (BPS-16)
Stenographer (BPS-15)
Senior Clerk (BPS-14)
Senior Clerk (BPS-14)
Junior K.P.O (BPS-14)
Junior K.P.O (BPS-14)
Junior Clerk (BPS-11)
Research Associate (Self-Supporting Program)
Computer Lab. Assistant (Self-Supporting Program)
Electrician (Self-Supporting Program)
Testing Lab. Assistant (Self-Supporting Program)
Driver (BPS-05)
Senior Lab. Attendant (BPS-05)
Lab. Attendant (BPS-05)
Lab Attendant (BPS-05)
Library Attendant (BPS-02)
Library Attendant (BPS-02)
Naib Qasid (BPS-03)
Naib Qasid (BPS-02)
Naib Qasid (BPS-02) Prof. Pool
Naib Qasid (BPS-02)
Mali (BPS-01)
Mali (Self-Support Program)
Chowkidar (BPS-03)
Chowkidar (BPS-01)
Farash
Sanitary Worker (BPS-02)
Sanitary Worker (Self-Support Program)





RESOURCES AND FACILITIES

Lecture Rooms

There are twelve lecture rooms, equipped with computers, multimedia, LED TVs, air conditioners and heating facilities, whiteboards, soft boards and sound systems. In view of the load shedding, computers, multimedia and LED in each lecture room are attached with UPS and generator so that the teaching process does not get interrupted.

Library

The Institute of Applied Psychology has a large library dedicated to the subject of Psychology in Pakistan. Its collection includes around twelve thousand books and journals covering various fields of Psychology, such as Clinical Psychology, Counseling Psychology, Developmental Psychology, Organizational Psychology, Educational Psychology, Social Psychology, Health Psychology, Peace Psychology, Positive Psychology, Forensic Psychology, Research Methods, History of Psychology, Neuropsychology, Experimental Psychology, Psychological Testing, Personality Theories, and Statistics in Psychology. The library also offers an extensive collection of handbooks, encyclopedias, dictionaries, reference books, and journals that are frequently updated. On Wednesdays, the library is open to non-Institute users, and one day per week is reserved for students from other institutions and departments. The library is open from Monday to Friday from 8:30 A.M. to 5:30 P.M.

Library has a wide collection of latest journals including Journal of Consulting and Clinical Psychology, Behavioural Neuroscience, Journal of Educational Psychology, Journal of Experimental Psychology etc. In addition to the subscribed Journals, the Institute also receives numerous journals from home and abroad on exchange basis. Other important recourses for references are Institutional research theses of BS, MSc, MS Health Psychology, MPhil and PhD students and Psychological Abstracts (published abstracts of students' research). Also available online at [http://pu.edu.pk/images/ Psychological%20Abstracts%202003-2009.pdf](http://pu.edu.pk/images/Psychological%20Abstracts%202003-2009.pdf).

All resources can be accessed within Punjab University LAN (Local Area Network) only. Now, you can access these databases like Science Direct, McGraw Hill, Dissertations & Theses, ACM, JStore, Emerald, ebrary and many other through one link as:

<http://hecpk.summon.serialssolutions.com>





RESOURCES AND FACILITIES

IAP Library Services

The Library offers a variety of resources and services to students and faculty.

Online Catalogue

The Library maintains automated English catalog containing bibliographic information of the books, journals and Theses etc. in the library. Database that is under Library Information Management System (LIMS) software is searchable through this link. <http://opac.pu.edu.pk/>.

Online Chat Service

IAP Library provides chatting facility from 8:00 am to 4:00 pm where you can communicate with our Professional Staff related to your query through IAP Library Facebook Page <https://www.facebook.com/IAPlibrary>.

Orientation Service

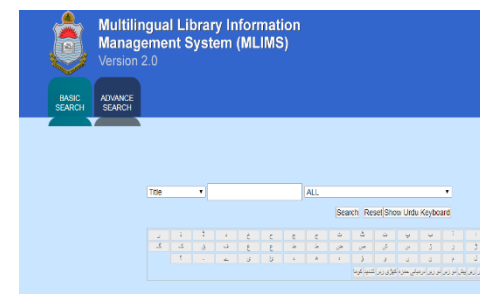
The library provides a wide range of user education programs to enable them use the library to its optimum potential. The orientation programs at the time of fresh admissions are conducted each year. Visitors and delegates are also briefed by the Librarian.

Internet Access Facility

Library provides the facility to get connected to the Internet within the library through WIFI connectivity.

Reference Service

Its function is to answer the readers' reference questions. It also answers the questions as; like who is who, what is what, how and where etc., to save the precious time of the users. The reference tools like encyclopedias, dictionaries atlases etc., are available in the library.





RESOURCES AND FACILITIES

Information Literacy Service

Information Literacy class sessions are designed to teach students how to search, evaluate, and use information; and how to use the library effectively and independently. Helping students to develop their information literacy skills in their University career will allow them to continue to use them throughout their lives.



Experimental Labs

The Institute has state of the art experimental laboratories which are regularly upgraded with latest equipment and apparatus.

Animal Lab

The Institute has an animal laboratory, the first of its kind in the country which provides opportunity to students to carry out pigeon experiments in the field of learning and conditioning. The students gain firsthand experience of demonstrating principles of operant conditioning on pigeons. The students learn to house, magazine train, condition pigeons through various schedules of reinforcement, generalization and extinction.



Human Experimental Lab

The human experimental lab is equipped with the latest apparatus to perform experiments on human memory, perception, learning, problem-solving and other mental processes.

The planning is underway for establishing a computerized cognitive experimental lab where memory and language experiments will be carried out on computers as well as a behavioural observation lab equipped with one-way mirror screen and video facilities along with a fully equipped neuropsychology lab, which will set a benchmark in the history of Applied Psychology in Pakistan.





RESOURCES AND FACILITIES

Testing Lab

The Institute of Applied Psychology takes pride in having the largest collection of international and indigenous psychological tests and evaluative techniques and still strives to add in new and latest tests to its list. Use of psychological tests is strictly monitored and is in accordance with international codes of ethics. The major collection of tests falls under the following categories:

- Intelligence Scales and Tests
- Aptitude Tests
- Personality Inventories and Tests
- Adjustment Tests
- Achievement Tests
- Art & Social Sciences Tests
- Diagnostic Tests
- Behaviour Checklists
- Language Tests
- Neuropsychological Tests
- Parental Stress Tests
- Family Relation Tests
- Interpersonal Problem Tests
- Self-Assessment Tests
- Reading Tests
- Cognitive Functioning Tests
- Executive Functioning Tests
- Memory Tests
- Vocational Tests
- Indigenous Developed Tests
- Tests Translated and Adapted





RESOURCES AND FACILITIES

Computer Lab

There was dire need of big computer lab which could house at least one hundred students at a time. The new computer lab was constructed in 2013 with the funds provided by the worthy Vice Chancellor, Prof. Dr. Mujahid Kamran who inaugurated new computer lab. Computer lab is fully equipped with the latest computers, printers and multimedia. Computer facility is provided to students from all programs and caters students' academic and research needs. Space is also provided for the personal laptop users. Moreover, new server machine to back up a large number of computers has been purchased. Computer courses are integral part of curriculum and focus is on basic computer skills including word processing, using spread sheet such as Excel, preparing presentation using Power point and also courses on quantitative data analysis using SPSS (Statistical Package for Social Sciences) and AMOS. In addition to internet facility through University server, Wi-Fi facility is also available to facilitate personal laptop users on the premises of the Institute.



Health Psychology Lab

To cater the professional needs of MS Health Psychology students, the Institute also provides the facility of the Health Psychology lab which is fully equipped with various equipment i.e., sphygmomanometer, glucometer, weight machine, gym ball, treadmill, yoga mat and dumbbells. These facilities are provided to the faculty and students free of cost and many are benefiting from it.

Health Psychology Consultation Services Center

The Institute of Applied Psychology started its MS Health Psychology program in 2013 and to further enhance professional knowledge and expertise of its students, the Institute recently established Health Psychology Consultation Services Center which provides consultation regarding the management of psychological issues for individuals with physiological diseases under the supervision of Dr. Fatima Kamran, Coordinator MS Health Psychology program. Currently, trainee Health Psychologists are providing their consultation services to the faculty, students and staff members of the Institute free of cost.





RESOURCES AND FACILITIES

LeaDE Lab

Leadership and Decision Engineering Lab (LeaDE) is a research lab under the direction of Dr. Saima Ghazal at the Institute of Applied Psychology, University of the Punjab. The goals of this lab include: high-quality research in the domain of leadership science and decision-making; fostering industry-academia linkage; and student development.

Group Identification and Social Perception Lab (GISP)

The Group Identification and Social Perception Lab (GISP) conducts research on group identification patterns in minority groups and factors that affect social perception. GISP's mission is to provide a structured environment for undergraduate, graduate, and postgraduate students to conduct social experiments and gain practical experience in understanding how people think, feel, and behave in different situations related to their social identities. The lab is equipped with the latest technology to facilitate research and offers a unique opportunity for students to gain both theoretical knowledge and practical skills.:-







RESEARCH AND PUBLICATIONS

Centre for Psychological Research and Services

A Centre for Psychological Research and Services has been established as a unit of the Institute of Applied Psychology. The Centre has a team of motivated and highly experienced psychologists, working in the field of Behavioural Science, especially with reference to our culture. The aim is to produce high quality research.

The Centre carries out international and collaborative research, and provides expertise to Private and Government sector in the field of personnel selection, measuring attitudes and public opinion, aptitude, career counseling, psychological test construction, psychological assessment, counseling and guidance, and community mental health programs. Numerous psychological assessment tests have been adapted and local norms for tests have been developed by the center. Students of the Institute also participate in this and other research activities under the supervision of their teachers.

Since its inception, the Centre has also been actively engaged in rendering informal professional counseling and assessment services to individuals. Appropriate services are also provided to the organizations such as: Social Welfare Departments, Prisons, Staff Training Institutions, Civil Defense, Selection Boards, Business Organizations, and Educational Institutions.

Faculty members are actively involved in conducting individual research and providing research supervision to BS, MPhil, MS and PhD students. They participate and present research findings at national and international level conferences. Faculty members' research work is published in journals of international repute. In addition, our faculty members serve as resource persons to provide training in research skills and other related skills at national level from the platform of NTS and HEC.



RESEARCH AND PUBLICATIONS

PUBLICATIONS OF THE INSTITUTE

Journal of Behavioural Sciences

Journal of Behavioural Sciences is an official publication of the Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan, and is published biannually since 1990. It has also been indexed and abstracted in PsycInfo, Ebsco Host, ProQuest, Asia Net Pakistan, and the Universal Digital Library (UDL) of Malaysia. Journal of Behavioral Sciences has been upgraded to "Y" category by the HEC. It is an interdisciplinary journal and the contents include work on a wide range of topics in Psychology and allied disciplines. JBS aims to bring together researches from different specializations in Psychology, Sociology, Anthropology, Education, Gender Issues, Organizational Behaviour, Life Sciences, and Psychiatry. Though JBS prefers papers based on empirical work, review articles and case studies are also considered for publication. JBS has a double-blind peer-reviewing policy. All this speaks volumes for the professional and research-based caliber of the journal.

Psychological Abstracts

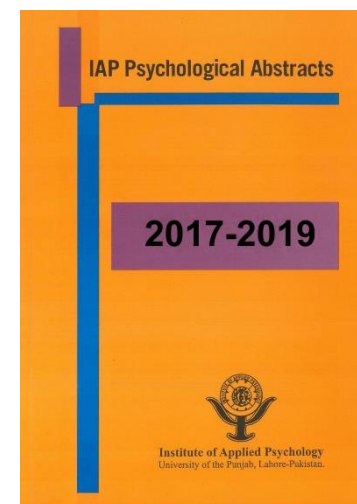
Publishing of "Psychological Abstracts" is another distinguished feature of Institute. It includes abstracts of research work carried out by students and faculty members of the Institute. Eleven volumes of "Psychological Abstracts" have been published so far and we aim to make it a regular feature to publish Institutional Researches in order to benefit researchers at home and abroad. Additional information on Institutional publication is available on the University webpage. <http://www.pu.edu.pk/appsy/JBS/index.html>

Developed and Translated Tests

The use of psychological tests is strictly monitored and is in accordance with the international codes of ethics. A large number of psychological tests and assessment measures have been translated into Urdu as well as many indigenously developed tests are also available in the Centre for Psychological Research and Services. A list of all translated and developed tests is available on

<http://pu.edu.pk/images/image/Departments/appsy/Psychological-Tests-Developed-New.pdf>

<http://pu.edu.pk/images/image/Departments/appsy/Psychological-Tests-Translated-04-12-14.pdf>

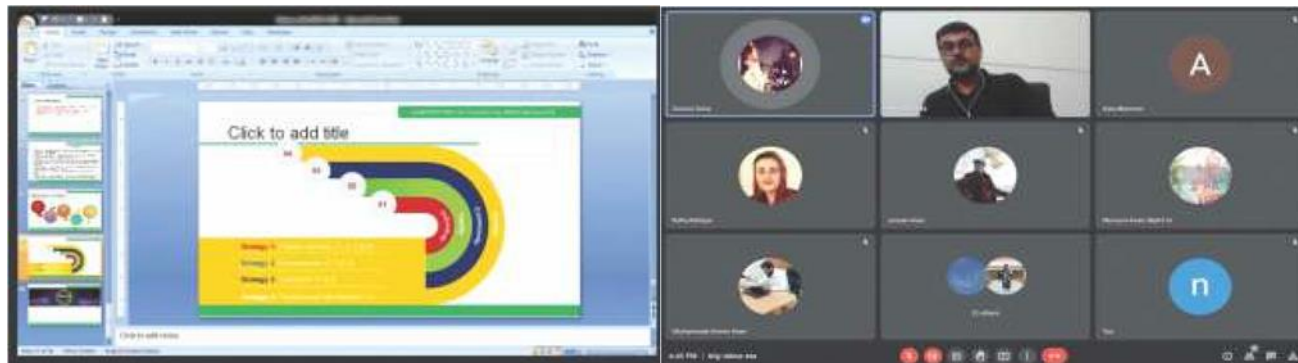




CO-CURRICULAR ACTIVITIES: Workshops, Webinars and Seminars

A Webinar on “Substance Use and Suicide in Youth: Challenges and Opportunities in Prevention”

The Institute of Applied Psychology organized a webinar on 26th June 2022 entitled "Substance Use and Suicide in Youth: Challenges and Opportunities in Prevention." The main objective of this webinar was to spread awareness about the psychological impact of drug abuse and measures that can be taken to prevent it. It was led by Prof. Dr. Rafia Rafique, Director of the Institute of Applied Psychology, and featured Dr. Salman Shahzad as the resource person. Dr. Salman is an International Certified Addiction Professional and Drug Demand Reduction Trainer at UNODC (United Nations Office on Drugs and Crime), Vienna. During the webinar, he highlighted the psychological impact of drug abuse and explained various risk factors associated with alcohol use among adolescents. Furthermore, he discussed the programs that can help prevent drug addiction and emphasized the role of the government in curbing social evils. Students and faculty members of IAP attended the webinar.





A Webinar on “Mental Health Outcomes of Stigma for Transgender Persons”



Institute of Applied Psychology organized a webinar entitled “Mental Health Outcomes of Stigma for Transgender Persons” to highlight the stigmatization, oppression, and discrimination faced by gender non-conforming individuals in Pakistan. The webinar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology. The resource person for the webinar was Dr. Humaira Jami, Assistant Professor National Institute of Psychology, Quaid-i-Azam University. Dr. Humaira's research work mainly focuses on the challenges faced by gender non-conforming and transgender individuals. During a recent webinar, she highlighted the uncertainties surrounding trans identity and the negative impact of societal stigma on their mental health. Dr. Humaira wrapped up the session by sharing strategies to prevent the labeling of marginalized communities. Afterward, she engaged in a Q&A session with mental health professionals and students. The webinar was well-attended by mental health experts, students, and faculty members of the Institute of Applied Psychology. It was also live-streamed on IAP's official Facebook page.





Workshop on “Advanced Data Analysis through Structural Equation Modeling on AMOS”

Institute of Applied Psychology organized a 6-hour long certified workshop on “Advanced Data Analysis through Structural Equation Modeling (SEM) on AMOS” which was attended by a large number of students and professionals from different universities. Resource person Dr. Gulam Ishaq, Assistant Professor at Lahore School of Professional Studies, The University of Lahore, highlighted the process of Confirmatory Factor Analysis and Path Analysis with underlying theory and held hands on practice session to impart practical experience. The attendees found the Interactive session very productive and appreciated the efforts of Director IAP for holding this extensive workshop.





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

**Certified Workshop on
“Advanced Quantitative Data Analysis
through Structural Equation Modeling on
AMOS”**

Dr. Gulam Ishaq
Expert in Statistical Analysis
and Research,
Assistant Professor,
“Certificates and Refreshment
will be Provided”

Who can attend
 ✓ BS Students
 ✓ Post Graduated Students
 ✓ Researcher
 ✓ Faculty Members



20th October, 2022 Thursday Time : 9:30 am to 3:30 pm

Only 25 seats


Last date for Registration: 13th October


Registration Fee


Professionals: Rs.5000	Students: Rs. 4000
Group of 5: Rs. 3000	Inst. Registration: Rs. 3000

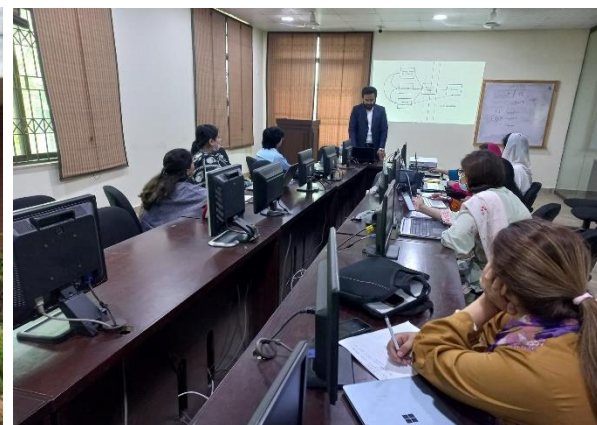
For More Details Contact: 0321-9448173

VENUE: COMMITTEE ROOM
INSTITUTE OF APPLIED
PSYCHOLOGY


facebook.com/IAP.PU.Pakistan/


[@instituteofappliedpsychology](https://www.instagram.com/instituteofappliedpsychology)


[@iap_pu](https://twitter.com/iap_pu)





A Workshop on “Model Testing Through Process Macro”

Institute of Applied Psychology organized a 6-hours long credited workshop on “Model Testing through PROCESS MACRO”. The resource person for the workshop was Dr. Adnan Adil, Assistant Professor, Department of Psychology, University of Sargodha. Dr. Adil started off with the theoretical basis of Model testing and the role of advanced analysis, including PROCESS MACRO. Through the hands-on training, he elaborated the models of Process Macro and their application for mediation, moderation, and mediated moderation. Director IAP, Prof. Dr. Rafia Rafique thanked Dr. Adnan Adil for the training and, at the end of this interactive workshop and distributed certificates among the participants.





A Seminar on “Depression from the Perspective of Islamic Psychology & Psychopathology”

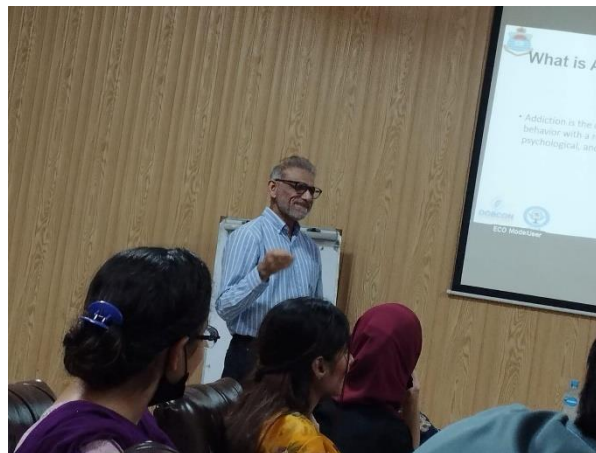
Institute of Applied Psychology organized a seminar entitled “Depression from the Perspective of Islamic Psychology and Psychopathology” on 14 September, 2022 to shed light on the Islamic teachings regarding psychological health in general with a particular focus on depression. The seminar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology while the resource person was Dr. Arshad Mahmood, a practicing clinical psychologist and President of Heartland Professional Services in Ontario, Canada. Dr. Rafia started the seminar by highlighting the alarming surge in suicide among young adults due to depression. Dr. Arshad seconded her and further elaborated on this by sharing the Islamic perspective and maintained that Islam offers a behavioral code that can be highly beneficial in developing healthy coping mechanisms and adaptive strategies in order to deal with stressful and hard life events. The seminar was concluded with a question-answer session in which several students and faculty members of the Institute of Applied Psychology made further inquiries. In the end, the certificate and shield were presented to Dr. Mahmood for imparting such valuable information to everyone in attendance.





A Lecture on “Substance Use Disorder and Co-occurring Disorders”

The Institute of Applied Psychology held a lecture about "Substance Use Disorder and Co-occurring Disorders." Dr. Muhammad Iqbal Naeem, a Senior Lecturer in Psychiatry at the University of Manchester (UK), was the speaker. He shared his valuable insights and experiences of working with substance-related disorders.





A Seminar on “Understanding Transgender & Intersex Communities and the Fight for their Rights in Pakistan”

Students of Institute of Applied Psychology BS-2 (Replica) organized a seminar entitled "Understanding Transgender and Intersex Communities and the Fight for their Rights in Pakistan".

The panel of students comprised of Aliha Fatima, Saba Saeed, Hifza Rashid, Omaira Babar and Zunaira Akram who delivered valuable information under the supervision of Mr. Rameez Ahmed Sheikh (Course Instructor). The seminar focused on the problems faced by transgender community and how it is still considered a taboo to be a transgender in our society. Transgenders are deprived of basic rights like education, shelter and most importantly identity. Further, the shared the factual information about the transgenders round the globe, along with the role an individual can play for the betterment of transgenders. Mr. Ahmed ended the seminar by appreciating the efforts of the students and asked everyone to adopt an empathetic attitude towards the transgender and intersex community.





A Lecture on “Behavioral and Non-Chemical Addictions and its Management”

Recently, Ms. Rukhsana Mahmood, a Senior Consultant and Clinical Psychologist from Kinnaird College for Women in Lahore, gave a lecture titled "Behavioral and Non-chemical Addictions and its Management" at the Institute of Applied Psychology, University of Punjab in Lahore. This lecture was a valuable opportunity for students to gain practical and professional insights on the topic from an expert in the field.





A Seminar on "LOG KYA KAHENGE"!??

Students of Institute of Applied Psychology BS-2 (Morning), organized a seminar entitled "LOG KYA KAHENGE"!? It discussed various aspects of identity, career, appearance, characteristic reflection, and experience spectrum that are socially deemed as challenging. Presented by a panel of students including Zarish Anjum, Subhan Shahzad, Rumesaa, and Fatima Khan, the seminar intended to build self-confidence and to raise awareness in youth so that they could deal with daily life challenges. This seminar introduced the concept of personal identify and how it was related to self-esteem. Moreover, different activities including an energizer of Hot Seat and a skit activity on "Conflict Activity" were also presented to the attendees. In the end, Mr. Rameez Ahmed formally concluded the seminar and appreciated the efforts of participants.





A Seminar on “Women’s Mental Health”

A Seminar named as "Women's Mental Health" was conducted by students of IAP BS-2(Replica). A group of students namely Mariam Waheed, Minahil Noor, Rimsha Imtiaz, Nimra Khalid and Mahnoor Fatima organized this seminar and under the keen supervision of Mr. Rameez Ahmed. Key points of the seminar included highlighting the mental health-related problems that women face and how their impact vary across different developmental stages. Speakers maintained that in Pakistan women have to go through more mental pressure than men because of the prevalent social norms. Moreover, stress relieving activities were performed to further facilitate the women in attendance. At the end of the seminar, Mr. Ahmed shared how status of women can be improved in Pakistan at individual and macro level.





A Talk on “Monash University's Higher Studies Opportunities, Admissions and Scholarships”

The Institute of Applied Psychology recently held a special talk on opportunities for higher studies, admissions, and scholarships at Monash University. The guest speakers were Dr. Khadeeja Munawar, a lecturer at the Jeffrey Cheah School of Medicine and Health Sciences, and Dr. Fahad Riaz, a senior lecturer at the same department. During the interactive session, Dr. Khadeeja and Dr. Fahad answered students' questions about choosing the most suitable career path after graduation. They also shared information about the diverse opportunities and scholarship programs available at Monash University's campus in Malaysia, as well as the wide range of courses offered there. The director of the Institute, Prof. Dr. Rafia Rafique, and other faculty members also participated in the discussion. Prof. Dr. Rafique thanked the guest speakers for their time and valuable insights.





Workshop on “Advanced data analysis through Structural Equation Modeling (SEM) on AMOS”

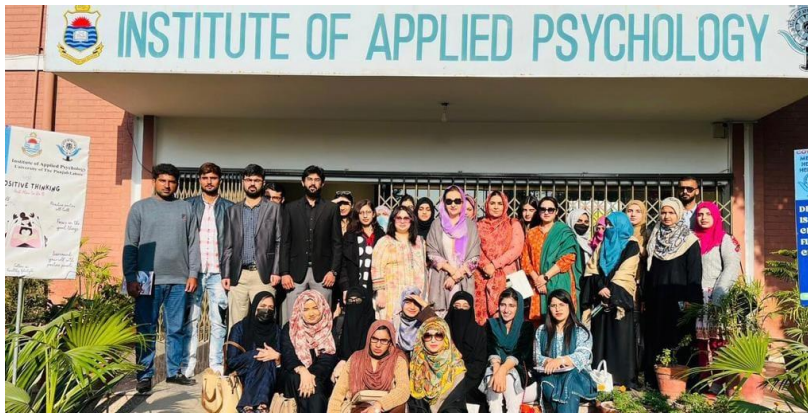
Institute of Applied Psychology organized a 6-hours long credited Workshop on “Advanced data analysis through Structural Equation Modeling (SEM) on AMOS”. The resource person for the workshop was Dr. Ghulam Ishaq, Assistant Professor, Department of Psychology, Institute of Southern Punjab, Multan. Dr. Ghulam Ishaq started off by sharing the basics of SEM, its types and how the advanced methods are different from the conventional data analysis methods. Through the hands-on training, he elaborated the steps as well as common issues faced using SEM. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique thanked Dr. Ghulam Ishaq for the training and at the end of the 6-hours' interactive workshop Dr. Rafia, distributed the certificates among the participants.





A Panel Discussion on “Let's Stop Bullying”

Institute of Applied Psychology University of the Punjab organized a panel discussion on "Let's Stop Bullying". Team Positively Happy was invited for the session which included Dr. Zainab Javaid, clinical psychologist and the founder of Positively Happy, Ms. Asia Manzoor, Senior Clinical Psychologist at the Department of Psychiatry, Services Hospital Lahore, Ms. Naila Aziz, Clinical Psychologist at Ghulab Devi hospital and Dr. Abdul Mannan, Physical Therapist and Pediatric Rehabilitation Specialist. Panelists first discussed the different types of bullying faced by people of all age groups and later shared the ways to stop it. Through demonstration, the clinical psychologists taught how to stop bullying in an efficient manner and addressed the queries of the students. A video highlighting the negative consequences of bullying, made by IAP students, was also played in the panel discussion. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique, concluded the discussion by bringing to light the emerging issues related to cyber bullying. Dr. Rafia thanked the Team Positively Happy for participating in the panel discussion and distributed certificates among the panelists.





A Seminar on “Neurobiology of Childhood Trauma: Myths, Facts & Evidence-Based Treatment”

The Institute of Applied Psychology held a seminar entitled "Neurobiology of Childhood Trauma: Myths, Facts, and Evidence-Based Treatment." The seminar was overseen by Prof. Dr. Rafia Rafique, Director of the Institute of Applied Psychology, and featured Dr. Muhammad Zeeshan, an Assistant Professor of Psychiatry at Rutgers New Jersey Medical School-Newark, New Jersey, as the keynote speaker.





A Workshop on "Qualitative Research Method: An Introductory Guide"

Institute of Applied Psychology, University of Punjab, organized a certified Workshop on "Qualitative Research Methods: An Introductory Guide". The resource person for the workshop was Dr. Fatima Kamran, Associate Professor, Institute of Applied Psychology, who conversed the basic concepts of qualitative research and, through hands-on training, guided the participants in developing qualitative research questions. This was followed by discussion among participants and question answer session. Director Institute of Applied Psychology, University of the Punjab, Prof. Dr. Rafia Rafique thanked Dr. Fatima Kamran for taking her precious time out for the workshop. After the refreshment, Dr. Rafia distributed the certificates among the participants.





Seminar on "An Introduction to Manual of the American Psychological Association (APA): 7th Edition"

Institute of Applied Psychology organized a Seminar on "An Introduction to Manual of the American Psychological Association (APA): 7th Edition". The resource person for the workshop was Ms. Zunera Tariq, Research Associate and Visiting Faculty at Institute of Applied Psychology, University of the Punjab. Ms. Zunera started off by sharing the need for a consistent writing pattern in academia. After that she shared different aspects of dissertation writing in which APA provides guidelines to the researchers followed by explanation of all the essential components of dissertation writing in light of APA Manual (7th Ed.). The seminar was concluded with a question answer session and the resource person addressed the queries of the students..





A Seminar on “Parametric Statistics and Hypothesis Testing” at Institute of Applied Psychology”

Institute of Applied Psychology organized a credited seminar on “Parametric Statistics and Hypothesis Testing” for its MS (Health Psychology) and M.Phil Scholars. The resource person for the workshop was Dr. Akram Riaz, Lecturer at Department of Human Development and Family Studies, University of Home Economics, Lahore. Dr. Riaz started off the seminar by sharing the basics and types of hypothesis testing. With practical demonstration, he elaborated the steps as well as common issues faced in statistical testing. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique thanked Dr. Akram Riaz for the interactive seminar. The seminar was concluded with a question answer session and the resource person addressed the queries of the students.





Second Batch of the Certified Workshop on "Qualitative Research Methods: An introductory guide"

Institute of Applied Psychology, University of the Punjab, organised the second batch of the certified Workshop on "Qualitative Research Methods: An introductory guide". Resource person for the workshop was Dr. Fatima Kamran, Associate Professor, Institute of Applied Psychology. Dr Fatima started off by clarifying the basic concepts of Qualitative Research and through hands-on training guided participants to develop Qualitative Research Questions. This was followed by discussion among participants and question answer session. Director Institute of Applied Psychology, University of the Punjab, Prof. Dr. Rafia Rafique thanked Dr Fatima Kamran for taking her precious time for the workshop. After the refreshment, Dr. Rafia distributed the certificates among the participants..





EXTRA-CURRICULAR ACTIVITIES

At our institution, we deeply understand the significance of extra-curricular activities in a student's holistic growth and development. Engaging in such activities not only promotes physical fitness and mental well-being but also fosters social responsibility. We firmly believe that these activities play a crucial role in helping students discover their latent talents and enhance their self-confidence. To ensure that our students make the most out of these opportunities, we have a team of enthusiastic faculty members who form our advisory committee. This committee works tirelessly to create an annual calendar of extra-curricular events and activities. We are committed to ensuring that all our students actively participate in these events and have a fulfilling and rewarding experience.

“Gender Sensitivity and Legal Rights” Activities

The students from the Institute of Applied Psychology, University of Punjab showed great enthusiasm in taking part in the inter-university mimes/play competition. The competition was organized by the Government College University Lahore as part of their Mental Health Week.





IAP Inter-departmental Poetry and Poster Making Competition on Mental Health Awareness”

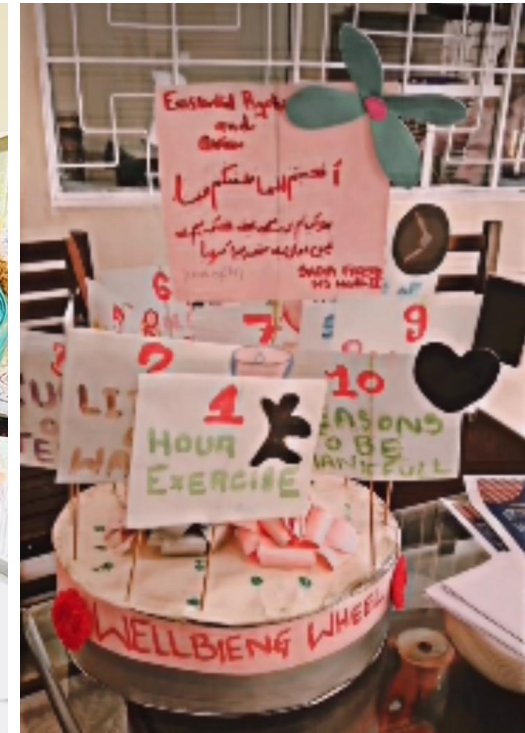
The Institute of Applied Psychology at the University of the Punjab hosted a poetry and poster making competition centered around raising awareness for mental health. Students from various departments, including the Institute of Islamic Studies, Institute of Education and Research, Institute of Chemistry, Geography Department, Center for Clinical Psychology, and English Department, participated in the competition. Participants showcased their creativity and highlighted mental health issues through their posters and Urdu and English poetry. The judges were Prof. Dr. Rafia Rafique, Director of the Institute of Applied Psychology, Dr. Fatima Kamran and Dr. Saima Ghazal, Associate Professors at IAP, Dr. Afifa Anjum, an Assistant Professor at IAP, and Ms. Daniya Aamir, from the English Department at the University of the Punjab. The competition culminated with a certificate distribution ceremony, where the Director of the Institute of Applied Psychology, Prof. Dr. Rafia Rafique, commended the young participants and encouraged them to continue participating in such productive activities.





World Mental Health Day

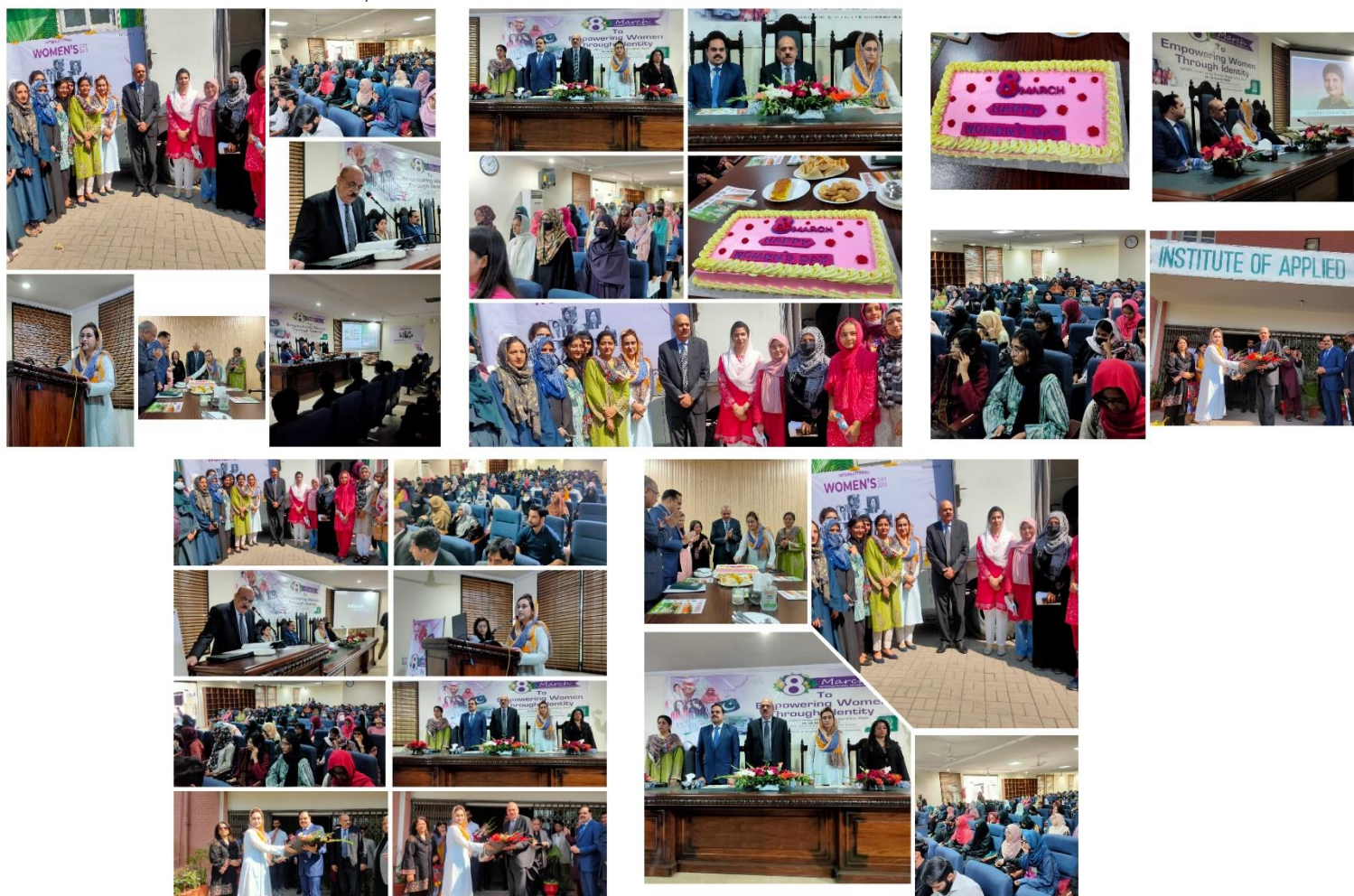
Students of MS Health Psychology Program at Institute of Applied Psychology, University of the Punjab celebrated the World Mental Health Day under the supervision of their coordinator, Dr. Fatima Kamran, Associate Professor, Institute of Applied Psychology, University of the Punjab. They distributed the Mental Health awareness pamphlets among Punjab University students focusing on psychological wellbeing and battling the stigma associated with Psychological problems. They displayed awareness videos in the department, put up a wellbeing wall and wellbeing wheel there. For students they organized a stress reduction activity as well. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique lauded their efforts and encouraged them to keep on spreading awareness. Students and faculty members including Dr. Saima Ghazal, Associate Professor, Institute of Applied Psychology and Dr. Afifa Anjum, Assistant Professor, Institute of Applied Psychology, participated in the activities arranged by the Health Psychology students..





Women's Day Celebration at IAP

The Institute of Applied Psychology joined forces with NADRA to celebrate Women's Day in 2023. The occasion was a chance to recognize the women's rights movement and gender equality, as well as celebrate the accomplishments of extraordinary women. High-ranking officials from NADRA, including Director General NADRA Punjab Syed Saqlain Abbas Bukhari and Director Operations and Administration Rana Sher Khan Babar, were in attendance. To assist female students in obtaining or renewing their CNIC, NADRA provided a mobile registration van that was stationed at IAP on March 8th, 2023. Hundreds of female students from various departments at Punjab University took advantage of this opportunity. DG NADRA Syed Saqlain Abbas Bukhari spoke about NADRA's efforts to digitally empower women and close the gender gap, as well as the special services available to women at NADRA offices. The Director of the Institute of Applied Psychology, Prof. Dr. Rafia Rafique, and faculty members expressed their gratitude to the NADRA officials for taking the time to celebrate Women's Day at IAP.





Annual Sports Gala at IAP

On February 23, 2023, the Institute of Applied Psychology at the University of the Punjab held its Annual Sports Day. Dr. Saima Dawood, Director of the Center for Clinical Psychology (CCP), and other CCP faculty members were in attendance. The event began with a ribbon-cutting ceremony, followed by a welcome address from Professor Dr. Rafia Rafique, who praised Dr. Afifa Anjum and her team for organizing the Sports Day for the students. The day's activities included cricket, badminton, chess, ludo, tug of war, lemon and spoon race, three-legged race, sack race, and back race. Faculty members and visiting faculty, such as Dr. Iram Fatima, Dr. Saima Ghazal, Dr. Omama Tariq, and Mr. Faiz Younas, also participated in the games with the students. Additionally, students from the IAP set up various stalls for refreshments and entertainment. The event concluded with the distribution of awards to the winners and runners-up, with Professor Dr. Rafia Rafique presenting the trophies, medals, and certificates and commending the students' enthusiasm for sports.





A Panel Discussion on “Empowered Women Empower Women”

Institute of Applied Psychology, University of the Punjab, organized a panel discussion to celebrate Women’s Day 2023 with the theme “Empowered Women Empower Women”. Dr. Fatima Kamran Associate Professor and program coordinator MS Health Psychology arranged and moderated an interactive session where inspirational women from all walks of life shared their journeys. The aim was to acknowledge the struggles of women and ways to cope with the sociocultural challenges faced by women in Pakistan. The esteemed panelists included Prof. Dr. Amina Muazzam, Chairperson, Department of Applied Psychology, LCWU; Dr. Maria Haque, Consultant Radiologist, Mayo Hospital Lahore; Ms. Komal Faisal, Psychologist, Trainer and Educationists; Dr. Hajira Usman, Family Physician; Ms. Shazia Shahbaz, Home Maker; Ms. Saman Zubair, Marriage Consultant; Ms. Saima Pirzada, Fashion Designer; Ms. Ambreen Fatima, social Activist & Lawyer and Ms. Rohina Imtiaz, Motivational Speaker. The Guest speakers highlighted the role of women in different sectors of society and motivated the young women to be proactive in getting empowerment. The Director Institute of Applied Psychology, Prof. Dr Rafia Rafique asserted that women's competence enables them to play their role in different capacities. The discussion was followed by a question answer session in which students participated and asked questions to the guest speakers. The event was attended by the faculty members of IAP including Dr. Saima Ghazal, Associate Professor and Dr. Afifa Anjum, Assistant Professor along with students and staff members. The director, Prof. Dr. Rafia Rafique concluded the session with a vote of thanks to Dr. Fatima Kamran for organizing an informative event.





Annual Dinner at IAP

Institute of Applied Psychology (IAP) hosted its highly anticipated Annual Dinner 2023, where students and faculty members came together for a night filled with exciting activities, captivating performances, and memorable moments. Director Prof. Dr. Rafia Rafique and esteemed faculty members, including Dr. Saima Ghazal, Dr. Fatima Kamran, and Dr. Afifa Anjum, the event showcased the incredible talents of the students and fostered a sense of unity and camaraderie within the IAP community. During the Annual Dinner 2023, Director of the Institute of Applied Psychology, Prof. Dr. Rafia Rafique, took the opportunity to express her heartfelt appreciation and admiration for the remarkable efforts of the students. It was an evening of joy, laughter, and celebration, leaving everyone with cherished memories and a stronger bond.





IAP's 2nd Graduation Ceremony

Institute of Applied Psychology successfully conducted its 2nd Graduation Ceremony, in 60 long years, since the establishment of Department of Applied Psychology. It is the part of Institute of Applied Psychology's aim to meet the needs of an ever changing higher education landscape and to promote active learning preparing a future generation of professionals. The Ceremony was held on 11th February, 2023 for MSc Morning and Replica Sessions 2019-2021, BS (4 Years) Morning and Replica Session 2017-2021, MPhil Applied Psychology Session 2019 - 2021 and MS Health Psychology Session 2019 – 2021. Gold medals, shields, academic roll of honors and degrees for MPhil, MS- Health Psychology, MSc. and BS (Hons.) in Applied Psychology were conferred to the students.





EDUCATIONAL INITIATIVES

Orientation session for the Child and Adolescent Mental Health Course (CAMHC)

Punjab University Institute of Applied Psychology (IAP) in collaboration with the 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 the University of Manchester and Prof. Umbreen Masood from the USA joined the orientation session online. Prof. Zainab Zadeh of PILL joined online while other members of PILL including Ms. Afshan Qureshi, Ms Maha and Miss Muqaddas Asif joined in person. Ms 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 IAP Prof Dr Rafia Rafique addressed the event and shared the aspects of the course.





The Inaugural Ceremony of the Society for Preventive Initiatives Against Drug Addiction (SPDA)

Institute of Applied Psychology IAP, University of the Punjab launched the inaugural ceremony of the Society for Preventive Initiatives against Drug Addiction (SPDA). The sole purpose of SPDA is to create a drug-free Pakistan. Worthy Minister for Excise, Taxation and Narcotics Control, Hafiz Mumtaz Ahmed, Vice Chancellor, University of 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 psychologists and faculty members joined the inaugural ceremony.

A poster competition under the theme of "Drug-Free Pakistan" was also organized at the Institute of Applied Psychology in which trophies and certificates were distributed among all the winners, while shields were presented to the honourable guests who attended the ceremony.







Certified Course On Addiction & Its Management

Institute of Applied Psychology takes pride in starting a short 3-month certified course on "Addiction & Its Management" in collaboration with Out of Box Consulting (OOBCON). The course will help professionals gain expertise in the efficient prevention and management of Substance Use Disorders.

ADDICTION & ITS MANAGEMENT

(An Approach From Theory To Practice)

Addiction can impact not only on the person with the SUD; but also the people they interact with at home, work and community.



Objectives of the course

- This course helps participants to understand holistic nature of SUD (Bio-psycho-social & spiritual approach)
- It will do capacity and capability building to those professionals working as a caring profession in the field of SUD while strengthening their counselling skills
- Through learning and implementation of different therapeutic strategies and techniques helps participants to have a well-established understanding of how to support people with SUD
- It will give basic understanding to the family members, how to recognize the early signs, symptoms and dynamics of SUD and provide basic support system for family members
- We will also provide the Adult Learning principals which are very important for learning the new skills and education

Who can attend?

- Counselors
- Life Coaches, Sports Coaches, Fitness Professionals
- Psychologists
- Health Professionals - Nurses, Doctors, Complimentary Therapists
- Teachers, Youth Workers or others who encounter people with an addiction
- Welfare workers, Social workers, Employment professionals
- Employers, Supervisors, or anyone dealing with addiction problems in the workplace
- Parents or Friends/ care takers and someone with SUD

Impact of the course?

- The progress of the participants will be measured by assigning them short assignments and practical tasks relevant to the Substance Use Disorder (SUD). These tasks require you to stop reading and do something a little different, and in doing so you develop practical perspective about the subject, which helps to reinforce and strengthen your learning.
- At the end of the course, you need to attempt a short interactive test. This helps you gauge your progress and through revision, further strengthens the learning.
- On passing the last exam; you will be sent a "certificate of completion" for this course with your name on it.

Total : 44 hours – 30 hours theory and 14 hours on venue for case report


Course Fees: PKR 21,000/- Only (Course Duration 3 months)
Installments are also available for Students Only

Venue: Institute of Applied Psychology, University of The Punjab, Lahore
For registration email at training@oobCon.net
Whatsapp # +92 33 21 66 22 66

Starting from 1st September 2022,
Classes will be on every Friday
03:00 pm – 05:30 pm

Visit us at: <http://www.oobCon.net>

O O B C O N





Closing Ceremony of Three Months Course on Addiction and it's Management

Institute of Applied Psychology hosted the “Closing Ceremony” after successful completion of (3) Months course entitled "Addiction and it's Management". Institute of Applied Psychology (IAP), initiated this short course in collaboration with Out of Box Consulting (Oobcon). From the IAP Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique” and Dr. Afifa Anjum, Assistant Professor, IAP, attended the closing ceremony. From OOBCON, Chief Operating Officer OOBCON “Ms. Maham Rasheed”, OOBCON Mentor “Dr. Mirrat Gul Butt” and course facilitators “Mr. Junaid Ahmed” Addiction Counselor and National Trainer for Colombo Plan Council, and “Ms. Rukhsana Mahmood” Senior Consultant & Clinical Psychologist from Kinnaird College for Women, were present. Prof. Dr Rafia Rafique concluded the ceremony by lauding the enthusiastic professionals who completed the certified short course and distributed certificates among them.





1st International Conference on Eating Disorders

A two days International Conference on Eating Disorders was organized by the Institute of Applied Psychology (IAP) University of the Punjab Lahore in collaboration with the Pakistan Institute of Living and Learning (PILL) and Lahore College for Women University (LCWU). Several international and national keynote speakers and delegates including distinguished clinicians, researchers and professionals attended this noteworthy event. The conference explored the intricate relationship between eating disorders and overall well-being and brought together all the brilliant minds working in the field together.

The keynote speakers for the conference included the worthy Director Institute of Applied Psychology, Prof. Dr Rafia Rafique, Prof Dr Nusrat Hussain, Professor of Psychiatry, University of Liverpool, Prof. Dr Amina Muazzam – Tenured Professor and Chairperson of the Department of Applied Psychology, Lahore College for Women University and Dr. Madeeha Malik – Professor of Pharmacy Practice in Pakistan and Dr. Maria Pangioti – Applied Health Services researcher and Senior Lecturer of Primary Care at the University of Manchester.

While the session chairs included eminent professionals like Prof. Dr. Masha Asad Khan – Professor and Academic Dean at Kinnaird College, Prof. Dr. Najma Najam – Professor Emeritus, Institute of Applied Psychology, Prof. Dr. Shazia Hasan – Head of the Department of Psychology, University of Central Punjab, Prof. Dr. Sumira Qambar Bokhari – Head of Psychiatry Department, Services Institute of Medical Sciences – SIMS, Lahore, Prof. Dr. Altaf Qadir – Head of Psychiatry Department, Services Institute of Medical Sciences – SIMS, Lahore, Prof. Dr. Shahida Batool – Professor of Psychology at Government College University, Lahore, Prof. Dr. Saima Dawood – Director of the Centre of Clinical Psychology, Dr. Shamim Fatima – Chairperson and Associate Professor of Humanities, COMSATS University Islamabad, Dr. Mohsin Saqib – Consultant Psychiatrist, Punjab Institute of Mental Health. Prof. Dr. Zainab Zadeh – Psychologist and Head of Child & Adolescents Mental Health at Pakistan Institute of Living and Learning, Dr. Amjad Tufail – Head of the Department of Psychology, Govt. M.A.O Graduate College, Lahore, Dr. Mohsina Najeeb – Assistant Professor, University of Lahore, Dr. Fatima Kamran – Associate Professor, Institute of Applied Psychology and Dr. Afifa Anjum – Associate Professor, Institute of Applied Psychology, University of Punjab. The faculty, staff and students of IAP expressed their gratitude to all the presenters and participants for their valuable contributions to the conference and hoped that this event would foster professional expertise by imparting a positive impact on the whole community.



1st International Conference on Eating Disorders





1st International Conference on Eating Disorders





One Day International Conference on Saving the Mental Health Sufferers: Indigenous Perspective

Faculty members and students of the Institute of Applied Psychology, University of Punjab, Lahore, attended the one-day, International Conference on “Saving the Mental Health Sufferers: Indigenous Perspective” at Fountain House, Lahore. This conference was organized by Fountain House under Continuing Professional Development Programme (CPDP) in collaboration with the Society for Advancement of Muslim Psychology. The main aim of the conference was the treatment and rehabilitation of persons with mental disabilities. Though the conference comprised several parallel scientific sessions, the Director of IAP, Prof. Dr. Rafia Rafique, spoke in a session entitled “Treatment and Rehabilitation of Mental Health Sufferers: Indigenous Perspective”. She shared her valuable experience of working with persons with physical and mental health-related issues and highlighted the significance of applying indigenous therapeutic interventions. Moreover, she appreciated the efforts of the organizers in connecting the psychologists of Pakistan through this event as they shared their expertise from a single platform. It was a great learning experience for the students of IAP as they realized the efficacy of indigenous approaches to mental well-being.





International Symposium on Psychiatry

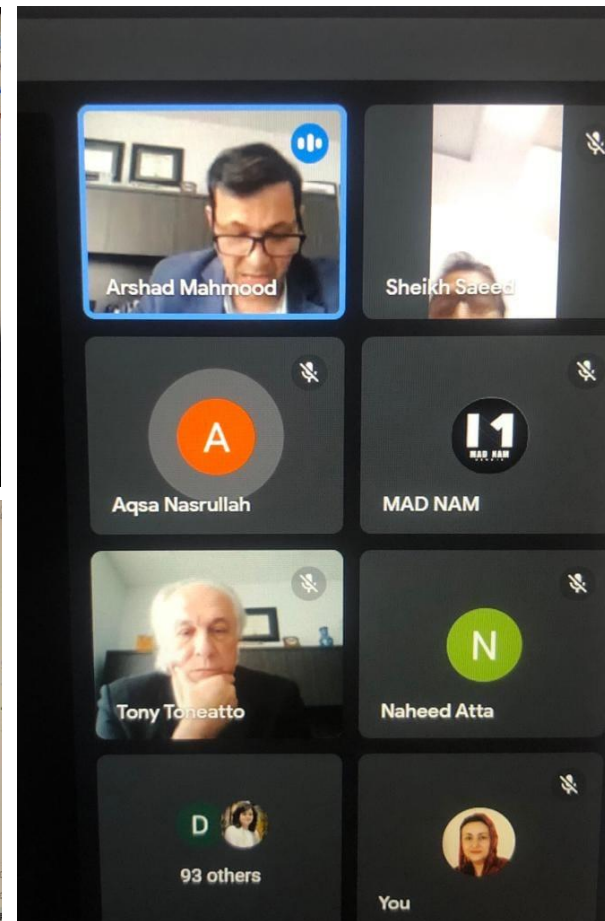
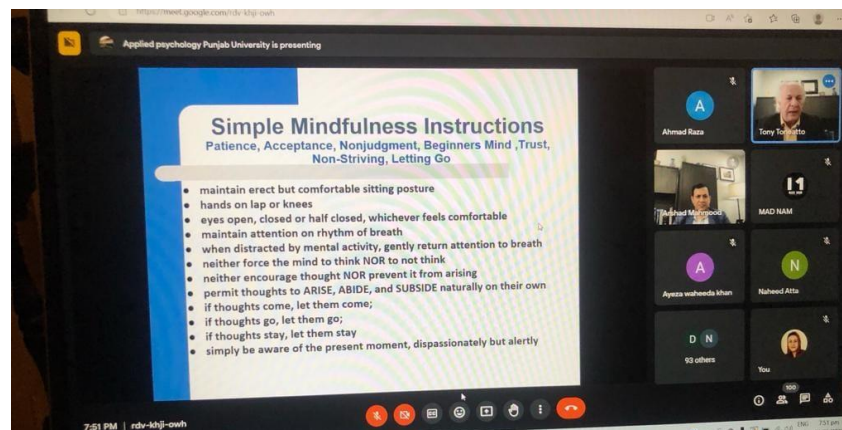
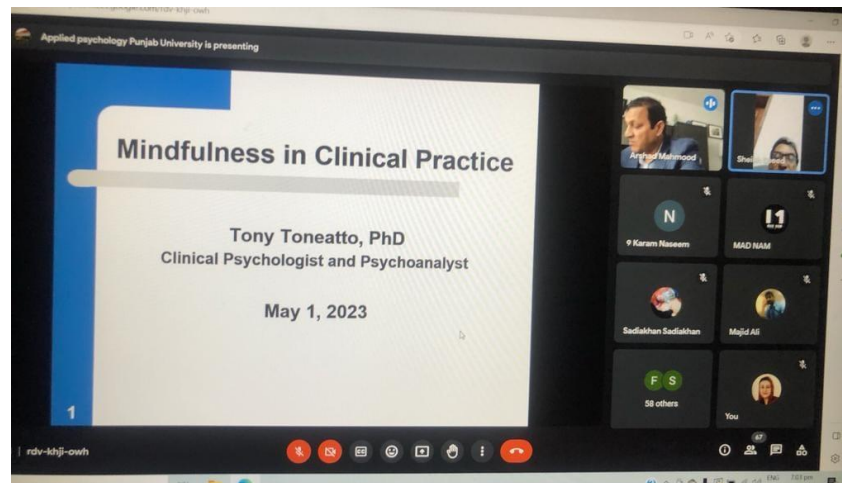
Faculty members and students of the IAP, University of Punjab, attended the one-day International Symposium on Psychiatry at Nishat Emporium Hotel, Lahore. This mental health summit was organized by Pakistan Psychiatric Research Centre in collaboration with World Psychiatric Association (WPA) section on Psychiatry in Developing Countries. Several renowned national and international experts from the fields of psychiatry and mental health discussed their recent research practices and knowledge during various sessions of the symposium. The Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique, praised the efforts of Prof. Dr. Nasir Sayeed and the rest of the organizers in connecting the communities of both psychologists and psychiatrists. It was a great learning experience for the students of the Institute of Applied Psychology as it provided an excellent academic opportunity to them to enhance their learning.





Online Lecture by Renowned Mental Health Expert Dr. Tony Toneatto on "Mindfulness in Clinical Practice."

Prof Dr. Rafia Rafique, Director IAP, along with the esteemed faculty of the Institute of Applied Psychology, University of Punjab, namely Dr. Fatima Kamran, Associate Professor and Dr. Afifa Anjum, Associate Professor, participated in the 2nd Global Conference on Parenting Interventions, a two-day online conference held on 3rd-4th May 2023. This conference was organized by the University of Manchester, UK in collaboration with the University of Toronto, Canada, NHS Mersey Care, UK, Centre for Addiction and Mental Health, Manchester Global Foundation and Pill. It provided a rich learning experience on parenting interventions and a way forward towards developing integrative frameworks.





2nd Global Conference on Parenting Interventions

Prof Dr. Rafia Rafique, Director IAP, along with the esteemed faculty of the Institute of Applied Psychology, University of Punjab, namely Dr. Fatima Kamran, Associate Professor and Dr. Afifa Anjum, Associate Professor, participated in the 2nd Global Conference on Parenting Interventions, a two-day online conference held on 3rd-4th May 2023. This conference was organized by the University of Manchester, UK in collaboration with the University of Toronto, Canada, NHS Mersey Care, UK, Centre for Addiction and Mental Health, Manchester Global Foundation and Pill. It provided a rich learning experience on parenting interventions and a way forward towards developing integrative frameworks.

REC

UNIVERSITY OF TORONTO

NHS Mersey Care

camh

MANCHESTER

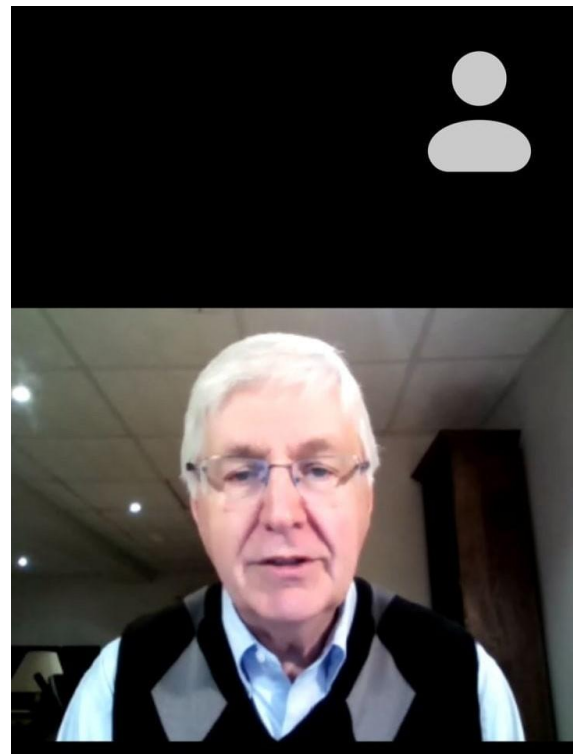
UNODC

Prevention works!
in Schools • in Families • in Communities

A multi-level model of open access family skills tools for families in crisis and humanitarian context

Dr Aala El-Khani, PhD
Global Humanitarian Consultant @ Prevention, Treatment and Rehabilitation Section, United Nations Office on Drugs and Crime (UNODC)
Research Associate, University of Manchester, UK

Prevention



REC

MONASH University

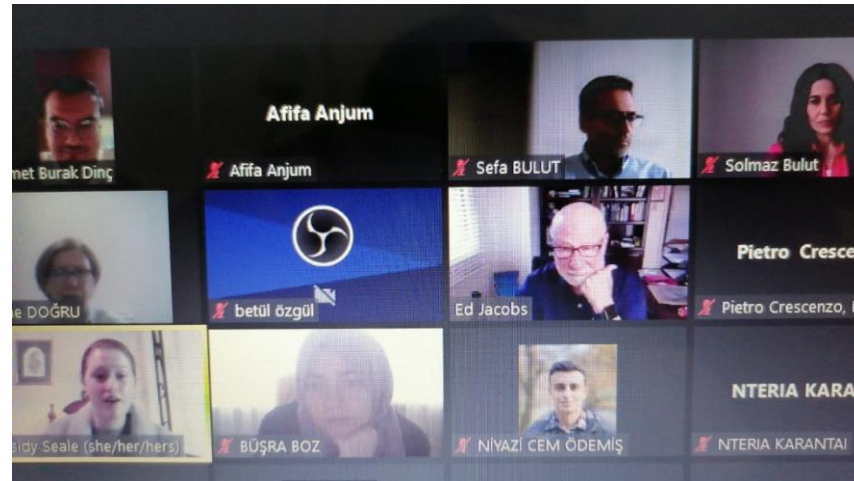
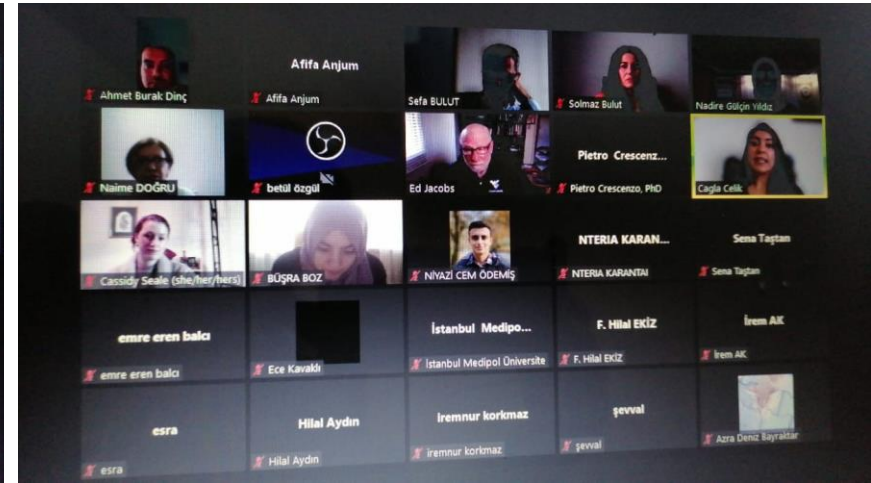
In the beginning...

- Overview of research into the role of parents and carers in child development and wellbeing
- The role of parents in the parent population don't access the research evidence, not for this parent group
- Research translation to practice



Two-Days Online Global Guidance and Counseling Congress

Dr Afifa Anjum, Associate Professor, Institute of Applied Psychology and the students of counseling Psychology BS Semester VIII participated in two-days online Global Guidance and Counseling Congress 20-21 May, 2023 by Psychological Counseling and Guidance Committee, Medipol University and İbn Haldun University, Turkey. The presentations and webinars covered the topics of Positive organizations: Approaches and applications, Family-based crisis intervention for youth, Burnout in healthcare workers and volunteers, and impact therapy, by distinguished professionals from Indonesia, Italy, Turkey and USA..





Human Development Foundation distributed Cash Prizes at IAP

Institute of Applied Psychology (IAP), University of Punjab organized the Human Development Foundation's (HDF) Professor Dr. Abdul Hayye Alawi Thanks Scholarship 2022 distribution ceremony. On this occasion, Muhammad Ikram Khan representative of the HDF distributed cash prizes to Mr. Asad Raza, and Ms. Sadia Ramzan for securing first and second positions respectively in their particular programs. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique, thanked and appreciated the efforts of HDF in providing merit-based scholarships to the students that would motivate them to accomplish their goals.





The accomplishment of an IAP Alumnus: Selection in Civil Services

The Institute of Applied Psychology, University of Punjab, Lahore, congratulates Ms. Anam Wajeeha Awan, an alumnus who successfully passed the CSS exam in 2020 and has been allocated to Pakistan Audits and Accounts. Ms. Anam was awarded a Gold Medal for her M Phil in Applied Psychology from the University of Punjab. Prof. Dr Rafia Rafique, Director of the Institute of Applied Psychology, sent a special message to Ms. Anam to congratulate her on her achievement. This is a proud moment for the Institute of Applied Psychology.





Out Going Batches Thank IT Support of IAP

The final semester BS-VIII students of the Institute of Applied Psychology expressed their gratitude towards the IT team for their continuous and seamless support throughout their online classes and exams. They specifically praised Mr. Muhammad Usman and Mr. Muhammad Umair for their exceptional efforts in handling various issues related to online classes, logins, links, exams, and webinars, and for guiding them effectively throughout the pandemic. The IT team's professional facilitation ensured that students could access virtual classes despite the lockdowns. The IT team members wished the students the best of luck for their exams, and the Institute of Applied Psychology is proud of its IT support team. The IAP also applauds the students for acknowledging the IT team's efforts and wishes the graduating batches good luck in their future endeavors..





Farewell Party for Mr Imtiaz Mehmood

The Institute of Applied Psychology's faculty and staff organized a farewell party for Mr. Imtiaz Mehmood, a dedicated employee who served the organization for about 9 years. He retired on September 4th, 2022, and was bid farewell with enthusiasm and appreciation.





لاہور: وائس چانسلر پروفیسر گلزار احمد اور اسسٹنٹ پروفیسرز ڈاکٹر قمر عباسی، عیسیٰ نور علی، ایشی ٹیٹ آف ایلیا، نیلہ سائیکالوجی اور شعبہ سائنس کا ڈیپارٹمنٹ کی سربراہ ڈاکٹر شمعونہ کی زیر صدارت منعقد ہونے والے اجتماع میں شرکت کرنے والی دیگر افسرین کی تصویریں۔



NATIONAL LINKAGES

Collaborative Letter of Intent with Shah Abdul Latif University Khairpur

As per the desire of the faculty of Shah Abdul Latif University Khairpur, a collaborative Letter of Intent has been signed in Lahore between the Institute of Applied Psychology, University of the Punjab, Lahore and Shah Abdul Latif University in the areas of student counselling, 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 at the University of the Punjab, Lahore signed the Memorandum of Understanding (MoU) in the presence of Murtaza Noor, National Coordinator Inter-University Consortium for the Promotion of Social Science, Arts and Humanities (IUCPSS).





MoU with Pakistan Institute of Living and Learning

The Institute of Applied Psychology at the University of Punjab and the Pakistan Institute of Living and Learning (PILL) have signed an agreement to collaborate on research, education, and mental health initiatives. The two organizations will work together to establish a consortium dedicated to enhancing research and training programs. In addition, IAP and PILL will work together to launch community welfare programs that address the psychological needs of the public. The agreement also includes a commitment to strengthening academic exchange between the two institutes. The MOU was signed by Professor Dr. Rafia Rafique, Director of the Institute of Applied Psychology, University of Punjab, and Dr. Afifa Anjum from IAP, and Ms. Uzma Omer from PILL.





MoU with Out of Box Consulting (OOBCON)

Institute of Applied Psychology, University of Punjab signed an MOU with Out of Box Consulting (OOBCON) Company for providing cooperation in the field of research, education, and mental health. Both organizations will jointly set up a consortium for excellence in research & training.





MoU with Inter-University Consortium

An MOU has been signed with Inter-University Consortium for Promotion of Social Sciences, Arts, Humanities and Student Engagement Activities. Institute of Applied Psychology will be extending its services to collaborate with psychology departments of far-flung and remote colleges and universities. IAP will extend its services by arranging conferences, workshops, webinars etc.





Memorandum of Understanding (MoU) between Institute of Applied Psychology and Inspectorate of Prisons, Punjab

The Institute of Applied Psychology at the University of Punjab has signed an MoU with the Inspectorate of Prisons Punjab. This agreement aims to collaborate on research, psychological assessment, and training of mental health professionals and correctional staff working in prisons.

Prof. Dr. Niaz Ahmad Akhtar, Vice Chancellor, the University of 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 PU and relevant stakeholders.





National Spectrum Linkages

The Institute has linkages with different external bodies to share resources and provide practical training and placements to its graduating students.

- Services Hospital, Lahore
- Mayo Hospital, Lahore
- Ganga Ram Hospital, Lahore
- Fountain House, Lahore
- Punjab Institute of Mental Health, Lahore
- Children and War Foundation, Bergen, Norway
- International Council of Professional Therapists (UK)
- St. Andrews University, Scotland (UK)
- Shaikh Zayed Hospital, Lahore.
- Jinnah Hospital, Lahore



Community Work

Mental Health Awareness Campaign at IAP

Students of MS Health Psychology Program at Institute of Applied Psychology, University of the Punjab continued the Mental Health Awareness Campaign with regard to World Mental Health Day under the supervision of their coordinator, Dr. Fatima Kamran, Associate Professor, Institute of Applied Psychology, University of the Punjab. For this purpose, they set up an Awareness Camp at the Millennials Cafe at University of the Punjab. They distributed the Mental Health awareness pamphlets among the visitors and gave them brief counseling regarding the daily life issues that they were facing. For students they organized a stress reduction activity as well. Director Institute of Applied Psychology, Prof. Dr. Rafia Rafique lauded their efforts and encouraged them to keep on spreading awareness.





Free Health Consultation by MS Health Psychology Trainees of IAP, University of the Punjab

Free health consultation is being provided by MS Health Psychology Trainees of the Institute of Applied Psychology, University of the Punjab, Lahore. Health psychology trainees are guiding the students and staff regarding healthy lifestyles. The awareness desk set up at the reception of IAP is run by volunteer Health Psychology trainees under the supervision of the Health Psychology team, Dr. Fatima Kamran, Prof. Dr. Rafia Rafique, and Ms. Zubana Afzal, to spread awareness and to psychoeducate about unhealthy lifestyles and health related behaviors. These volunteers provide sessions to students and staff regarding how to deal with the stress related to illness. Consultation Lab is functional at IAP from 9:30 - 1:30 pm (Monday to Thursday).





DEGREE PROGRAMS

BS-4 Year Applied Psychology Program (Regular / Self Support (Replica))

The Institute started BS program in 2006. This program comprises of eight semesters and aims to provide students' knowledge of the nature, history and scope of discipline of psychology as a modern discipline. It also provides its graduates knowledge of the application and practice of psychology in real life and equips them with necessary skills to pursue specialized study to achieve professional qualifications. Students are provided with orientation of the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of Semester rules and regulations in the orientation program.

Prerequisites for Admission in BS 4 Years Applied Psychology Program

Application form must be complete in all respects particularly, with reference to detailed marks in the previous examination; equivalence by the BISE (if required) and Conversion of marks (if required). An attested photocopy of National Identity Card/ Domicile Certificate of the applicant as well as of father/ guardian is also required. Required qualification for admission in BS 4 years Program is FA/ FSc or equivalent. Merit is calculated based on marks in matric, marks in FA/ FSc Hafiz-e-Quran marks (20) and additional marks (5) are awarded for FSc and 5 marks for studying Psychology in FA/FSc. The lists of selected candidates are displayed on the Institutional notice board according to the admission schedule laid down by the University.



DEGREE PROGRAMS

MPhil Applied Psychology-2 Years Program

Mphil emphasizes on the theoretical as well as the practical application of psychological principles in the field of Applied Psychology. The MPhil syllabi comprises of Core courses, Specialized Courses, and Research Thesis. The first two semesters comprised of 24 credit hours course work while in 3rd and 4th Semester and 6 credit hours Research Thesis. Students are provided with orientation of the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of DPCC rules and regulations in the orientation program.

Prerequisites for Admission in MPhil Applied Psychology-2 Years Program

The admission criteria will be strictly in accordance to the rules set by the HEC Pakistan. Application form must be complete in all respects particularly, with reference to detailed marks in the previous examinations, equivalence certificate from the University of the Punjab (if required), conversion of marks (if required) and migration certificate (if required). For MPhil. The required qualification is BS 4 Years Degree in Applied Psychology/ Psychology / Clinical Psychology / Behavioural Sciences, or Msc Degree in Psychology / Applied Psychology. Merit is calculated on academic merit marks, GRE based entry test marks, interview marks, and professional experience and research publications.

MS Health Psychology-2 Years Program

MS emphasizes on theoretical as well as the practical application of psychological principles in the field of Health Psychology. The MS syllabi comprises of core courses, specialized courses, placements in different health settings, and research thesis. The four semesters comprised of 24 credit hours course work and 6 credit hours research thesis. Students are provided with orientation of the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of DPCC rules and regulations in the orientation program.



DEGREE PROGRAMS

Prerequisites for Admission in MS Health Psychology 2 Years Program

The admission criteria will be strictly in accordance to the rules set by the HEC Pakistan. Application form must be complete in all respects particularly, with reference to detailed marks in the previous examinations, equivalence certificate from the University of the Punjab (if required), conversion of marks (if required) and migration certificate (if required). For MS the required qualification is BS - 4 years Degree in Applied Psychology / Psychology / Clinical Psychology / Behavioural Sciences or MSc Degree in Psychology / Applied Psychology. Merit is calculated on academic merit marks, entry test marks, interview marks, and professional experience and research publications.

PhD Applied Psychology Program

PhD is a highly professional degree program based on taught courses and Research Thesis. PhD syllabus comprises of 18 credit hours taught course work. The student will qualify comprehensive exam before undertaking research thesis. Students are provided with orientation of the resources, facilities, rules and regulations and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of (DPCC) rules and regulations in the orientation program.

Prerequisites for Admission in PhD Applied Psychology Program

The admission criterion is strictly in accordance with the rules set by the Higher Education Commission (HEC) Pakistan and Doctoral Program Coordination Committee (DPCC), University of the Punjab. Application form must be complete in all respects particularly, with reference to detailed marks in the previous examinations equivalence certificate from the University of the Punjab (if required), Conversion of marks (if required) and migration certificate (if required). For admission in PhD, the basic required qualification is MPhil in Applied Psychology / Psychology or MS Health Psychology / Clinical Psychology / Behavioural Sciences, Organizational Psychology followed by BS 4 years in Applied Psychology/Psychology/Clinical Psychology/Behavioural Sciences or MSc in Applied Psychology from HEC recognized University in Pakistan or MSc in above stated subjects from a foreign University. Merit is calculated on the basis of GRE based institutional test, academic qualification, interview, professional experience and research publications.



PhDs AWARDED

Sr. No.	Name of Awardee	Name of Supervisor
1	Dr. Iffat Yaqub	Prof. Dr. Ruhi Khalid
2	Dr. Aysha Yousaf	Prof. Dr. Najma Najam
3	Dr. Gulzar-e-Gul	Prof. Dr. Najma Najam
4	Dr. Mohsina Mirza	Prof. Dr. Rukhsana Kausar
5	Dr. Amna Muazzam	Prof. Dr. Ruhi Khalid
6	Dr. Tanveer Nasr	Prof. Dr. Rukhsana Kausar
7	Dr. Tahira Jabeen	Prof. Dr. Ruhi Khalid
8	Dr. Farhat Jamil	Prof. Dr. Ruhi Khalid
9	Dr. Shaista Jabeen	Prof. Dr. Rukhsana Kausar
10	Dr. Shahida Tanvir	Prof. Dr. Najma Najam
11	Dr. Syeda Shahida Batool	Prof. Dr. Ruhi Khalid
12	Dr. Sarah Shahed	Prof. Dr. Ruhi Khalid
13	Dr. Subha Ahmed	Prof. Dr. Ruhi Khalid
14	Dr. Syeda Salma Hassan	Prof. Dr. Ruhi Khalid
15	Dr. Niaz Ahmad	Prof. Dr. M. Hamid Sheikh
16	Dr. Rafia Rafique	Dr. Naumana Amjad
17	Dr. Bilal Aslam Sufi	Prof. Dr. Ruhi Khalid
18	Dr. Shameem Fatima	Prof. Dr. M. Hamid Sheikh
19	Dr. Fauzia Naz	Prof. Dr. Rukhsana Kausar
20	Dr. Shamaila Asad	Prof. Dr. Najma Najam
21	Dr. Muhammad Kashif Fida	Prof. Dr. Najma Najam
22	Dr. Memoona Shahid	Prof. Dr. Najma Najam
23	Dr. Zarghuna Naseem	Prof. Dr. Ruhi Khalid
24	Dr. Afsheen Gul	Prof. Dr. M. Hamid Sheikh
25	Dr. Sadia Malik	Prof. Dr. Yasmin N. Farooqi

26	Dr. Afsheen Masood	Prof. Dr. M. Hamid Sheikh
27	Dr. Naheed Atta	Dr. Muneer Ahmad & Dr. Dan Farrell
28	Dr. Rehana Nazir	Prof. Dr. Ruhi Khalid
29	Dr. Yousaf Jamal	Prof. Dr. Yasmin N. Farooqi
30	Dr. Muhammad Riaz	Prof. Dr. M. Hamid Sheikh
31	Dr. Ayesha Sheraz	Prof. Dr. Najma Najam
32	Dr. Syeda Fariha Iram Rizvi	Prof. Dr. Najma Najam
33	Dr. Farzana Ashraf	Prof. Dr. Najma Najam
34	Dr. Rubina Kausar	Prof. Dr. Yasmin N. Farooqi
35	Dr. Mahnaz Yousaf	Prof. Dr. Rukhsana Kausar
36	Dr. Saima Majeed	Prof. Dr. Farah Malik
37	Dr. Shahnaila Mushtaq	Prof. Dr. Rukhsana Kausar
38	Dr. Shazia Irfan	Prof. Dr. Rukhsana Kausar
39	Dr. Afifa Anjum	Dr. Naumana Amjad
40	Dr. Vicar Solomon	Prof. Dr. Farah Malik
41	Dr. Afifa Gull	Prof. Dr. Najma Najam
42	Dr. Zainab Javed	Prof. Dr. Rafia Rafique
43	Dr. Muhammad Akram Riaz	Prof. Dr. Rafia Rafique
44	Dr. Saadia	Prof. Dr. Rukhsana Kausar
45	Dr. Muhammad Faran	Prof. Dr. Farah Malik
46	Dr. Tehreem Arshad	Prof. Dr. Rukhsana Kausar & Dr. Iram Fatima
47	Dr. Arooj Arshad	Prof. Dr. Noshina Saleem & Dr. Saima Ghazal
47	Dr. Nosheen Ramzan	Prof. Dr. Farah Malik & Dr. Iram Fatima
49	Dr. Nida Zafar	Prof. Dr. Rukhsana Kausar & Prof. Dr. Stale Pallesen
50	Dr. Ghulam Ishaq	Prof. Dr. Rafia Rafique
51	Dr. Zainab Habib	Prof. Dr. Rukhsana Kausar & Dr. Fatima Kamran
52	Dr. Asma Yousaf	Prof. Dr. Rukhsana Kausar & Dr. Iram Fatima
53	Dr. Waqas Hassan	Dr. Afsheen Masood
54	Dr. Afreen Komal	Prof. Dr. Farah Malik
55	Dr. Saira Batool	Prof. Dr. Rukhsana Kausar (Notification awaited)

PhDs Submitted

Sr. No.	Scholars	Supervisor's Name
1	Almas Irfan	Prof. Dr. Rafia Rafique
2	Muneeb ul Haq	Dr. Fatima Kamran
3	Sehrish Farooq	Prof. Dr. Farah Malik
4	Beenish Najam	Prof. Dr. Saima Ghazal
5	Amna Rafique	Prof. Dr. Saima Ghazal
6	Sadia Khan	Prof. Dr. Saima Ghazal

PhDs in Progress

List of Students of Ph.D Regular Program Session 2014 (Spring Semester)

Sr. No.	Scholars	Supervisor's Name
1	Mr. Farukh Iqbal	Dr. Naumana Amjad

List of Students of Ph.D Regular Program Session 2015 (Spring Semester)

Sr. No.	Scholars	Supervisor's Name
1	Ms. Saima Saeed	Prof. Dr. Farah Malik

List of Students of Ph.D Regular Program Session 2015 (Fall Semester)

Sr. No.	Scholars	Supervisor's Name
1	Ms. Beenish Mubeen	Dr. Mujeeba Ashraf
2	Ms. Ramiza Rasheed	Dr. Mujeeba Ashraf

List of Students of Ph.D Regular Program Session 2017 (Spring Semester)

Sr. No.	Scholars	Supervisor's Name
1	Ms. Shiba Saeed	Prof. Dr. Farah Malik
2	Ms. Raisa Zubair	Dr. Iram Fatima
3	Ms. Huma Hassan	Prof. Dr. Najma Najam
4	Mr. Ahmed Bilal	Dr. Iram Fatima

List of Students of Ph.D Regular Program Session 2017 (Fall Semester)

Sr. No.	Scholars	Supervisor's Name
1	Ms. Nabgha Batool Naqvi	Dr. Mujeeba Ashraf
2	Ms. Kanza Faisal	Dr. Afsheen Masood
3	Ms. Sherin Gul	Dr. Saima Ghazal
4	Ms. Saira Khan Alias Razia Faqir	Prof. Dr. Najma Najam
5	Ms. Hafiza Fariha Masood	Dr. Fatima Kamran
6	Ms. Fozia Hayyat	Prof. Dr. Rafia Rafique

List of Students of Ph.D Regular Program Session 2018 (Fall Semester)

Sr. No.	Scholars	Supervisor's Name
1	Ms. Sumaira Ayub	Dr. Mujeeba Ashraf
2	Ms. Syeda Narjis Sherazi	Prof. Dr. Najma Najam
3	Ms. Asma Zafar	Prof. Dr. Najma Najam
4	Ms. Amira Iftkhar	Dr. Iram Fatima
5	Ms. Muqaddas Asif	Prof. Dr. Rafia Rafique
6	Ms. Nuzhat Shaheen	Dr. Iram Fatima
7	Ms. Ayesha Farooq	Dr. Iram Fatima
8	Mr. Usman Ahmad Zaheer	Prof. Dr. Rafia Rafique

List of Students of Ph.D Regular Program Session 2020 (Fall Semester)

Sr. No.	Scholars	Supervisor's Name
1	Ms. Hajra Fareed	Dr. Fatima Kamran and Dr. Afifa Anjum
2	Ms. Hira Khalid	Dr. Afsheen Masood
3	Ms. Shamim Rafique	Dr. Fatima Kamran
4	Ms. Iqra Nazar	Not Alloted
5	Ms. Fatima Safder	Dr. Afsheen Masood
6	Ms. Zubana Afzal	Dr. Fatima Kamran and Dr. Afifa Anjum



INSTITUTIONAL COMMITTEES

In order to facilitate students' academic, co-curricular and extra-curricular activities and smooth functioning of the Institute, following committees have been constituted. These committees function in accordance with the spelled out SOPs which are in line with those specified by the University. Decisions pertaining to matters falling in the purview of a specific committee are taken in formal regular meetings. In addition to these committees, faculty meetings are held frequently and regularly to take all faculty members on board about important decisions. Board of Studies is a Statutory Body which makes policy decisions not only on matters pertaining to the Institute but also about degree programs, curriculum, examinations etc at colleges affiliated with University of the Punjab.

1. Board of Studies (BOS)
2. Departmental Doctoral Program Committee (DDPC)
3. Departmental Tenure Review Committee (DTRC)
4. Purchase Committee
5. Degree Program Coordination Committee
6. Semester / Examination Committee
7. Students' Advisory Committee
8. BOS – Sub Committee
9. Technical Committee
10. Quality Assurance Committee
11. The Departmental Council (Disciplinary Committee)
12. Security Committee
13. Thesis Committee
14. Admission Committee
15. Journal Editorial Committee
16. Departmental Scholarships Committee
17. Newsletter Committee
18. Cleanliness and Maintenance Committee
19. Character Building Society



EXAMINATION, STUDENT EVALUATION AND FACILITATION

Class Attendance

1. A student must have attended at least 75% of the classes held in a course in order to be allowed to sit in the final examination and will be required to repeat the said course when offered in the next session.
2. In case of absence as a result of late admission, medical grounds, the teacher/s will give extra (make-up) materials to the student to compensate the deficiency.
3. List of students who fail to fulfill requirement of attendance (75%), will be displayed and they will not be allowed to appear in the Final exam of the said course and will have to re-register for the said course in next academic year when the said course is offered.
4. In case, the student remains absent from a class for seven consecutive lectures without submitting leave application, his/her name shall be removed from the rolls.

Evaluation System

1. The teacher is responsible for the evaluation of work/performance of the students of his/ her class and for the award of grades to them.
2. The number and nature of tests and assignments depends on nature of the course and will be evaluated as per University rules.
3. To pass a course, student must obtain 'D' grade (50% marks) cumulative in Assignments, Mid and Final Semester examinations.
4. There shall be no choice in questions in the Mid and Final examination papers.
5. The papers/scripts of each activity will be shown to the students by the concerned teachers in accordance with the announced schedule along with the examination schedule.
6. In case a student is not satisfied with his/her award even after checking his/her answer book, or clarification from the teacher, he/she may make written complaint to the Director who refers the case to the Examination Committee of the Institute.



EXAMINATION, STUDENT EVALUATION AND FACILITATION

Grading System

The Grading system is in accordance to the University rules. Maximum possible Grade Point Average is 4.00 and minimum Cumulative Grade Point Average varies across different degree programs.

Rules for Promotion

For each Semester, students will be promoted as per University Rules and a copy of the rules is provided to the students during orientation program.

Disciplinary Action

Disciplinary action is taken as per University rules and regulations in case a student is found guilty of: cheating; stealing; plagiarism; copyright violation; misconduct with fellow students, faculty members, staff; violation of the code of conduct of University i.e. behaviour unbecoming of a University student; violation of rules or any other type of fraudulent behaviour. Depending upon the nature and gravity of the misconduct, disciplinary action may range from simple verbal / written conduct probation to rustication and expulsion from the institute and University. After admissions, students are provided with a copy of semester rules and regulations of the University during orientation week.

Cancellation of Admission

If a student fails to attend any lecture during the first four weeks of the commencement of the semester as per announced schedule, his/her admission stands cancelled automatically without any notice.



Dr. Gulzar Ahmad

Professor, Department of Psychology,
Lahore Garrison University, Lahore.



Mr. Riaz Fatyana

Former President
Pakistan Psychological Association



Prof. Dr. Sarah Shahed

Director, Women Institute for Leadership
and Learning/Head of Gender &
Development Studies, LCWU, Lahore

ALUMNUS' IMPRESSIONS

I feel delighted to mention that I qualified my MSc (1974-76) and PhD in 1998 from the Department of Applied Psychology, University of the Punjab, Lahore. The knowledge and wisdom I received from this Department remains a great asset of my professional life. I realize that in spite of some social and political disturbances of the country, the learning environment extended by our knowledgeable faculty remained commendable. Being a graduate of this Department has provided me many academic and social opportunities around the globe with great confidence and leadership style.

Studying at the Institute of Applied Psychology Punjab University has been a fulfilling experience which is to be cherished always. It is because of this prestigious institute that I have reached at this level of political recognition at national and international level. The rigorous training I have received at the department of Psychology helped me in paving my path to serve the community and country at large. I had been the President of Pakistan Psychological Association through which I always aspired to work for the recognition of Applied Psychology and Psychologists in all walks of life to cater the crucial issues like mental health, terrorism and human rights.

Department of Applied Psychology Punjab University has been my alma mater. I obtained my first degree, M.Sc in Applied Psychology, from this department as well as my PhD in Applied Psychology. I always feel blessed that I joined this department for my masters at a time when all the star scholars in the discipline were faculty members. Those initial years provided me a solid foundation that helped me achieve the best of knowledge and skill from Pakistan as well as abroad. I wish the best of everything to this department, its faculty, and its students.



ALUMNUS' IMPRESSIONS



Mr. Khawaja Usman
Business Consultant
Govt & Multinational

I completed post graduate degree at PU Applied Psychology specializing in Clinical Psychology, I choose PU Applied Psychology Department for three reasons. Firstly, it gave me an opportunity to study at the university which is the most prestigious university in Pakistan. Secondly the discipline of Applied Psychology was an acceptance of psychology as a science, and thirdly the labs of this department were at that time were advanced. The experience was that of freedom with teachers some recent graduates from the same department and some foreign qualified there was a great feeling of belongingness which lasts to date



Dr. Akhtar Ali Syed
Principal Consultant Clinical
Psychologist, Ireland Republic

I feel proud to be a student of the Institute of Psychology where not only I had acquired the basic knowledge of Psychology rather learned to understand the people who are facing psychological problems that may affect their entire life. I also learned to be humane, thoughtful and decided to render my services to this community who is in dire need of the psychologists that led me to choose to be a Clinical Psychologist and served my people for 10 years. Later I joined Clinical Services in Ireland Republic as Principal Consultant Psychologists where I'm serving for last are 15 years and have earned a prodigious name for the Pakistani mental health professionals. I feel to owe a lot to my dearest institute and community in Pakistan as whatever I'm today is because of Applied Psychology and the knowledge and wisdom rendered by my all prestigious teachers.



Dr. Syeda Shahida Batool
Chairperson, Psychology Department,
GCU, Lahore

I joined Institute of Applied Psychology years ago to quench my thirst for knowledge as well as to better understand myself and the people around me. I have learnt a lot academically and as a person throughout my long association with the institute. I believe that credit goes to the institute for where I stand today.



GRADUATES' IMPRESSIONS



Aqsa Nasarullah

The Institute of Applied Psychology at the University of the Punjab has had a profound impact on higher education in Psychology in Pakistan. Known for its exceptional research and highly qualified faculty, the institute is dedicated to students' personal and professional growth, providing top-quality education. I am proud to be part of this prestigious institution, where I have honed social, intellectual, and professional skills. The supportive environment, along with guidance from Director Prof. Dr. Rafia Rafique and the faculty, has made my educational journey enriching. I am grateful for the opportunities and the valuable education I have received at the Institute of Applied Psychology.



Zobia Tahir

It was an honour to be a part of Institute of Applied Psychology, a prestigious and one of the leading institutes in the field of psychology in Pakistan. My journey at IAP not only flourished my career but also evolved me as a person. I cannot thank enough my mentors at IAP. With the knowledge I gained at IAP, I'm proud to say that I can contribute my part towards Mental Health in our society



Noor Mubeen

Taking admission in psychology and specifically Institute of Applied Psychology, PU was my own decision against the family, full of doctors, so that I could escape from the medical field. I cannot thank Allah enough for choosing this degree for me as it has helped me to understand nuance complexities of life and human beings. IAP, specifically, helped me to polish my research skills and it has paved way for lots of opportunities. Once you graduate, you will clearly see the difference in your research and statistical skills from alumnis of other universities. Keeping faith during the whole journey of IAP and letting it unfold on its own helped a lot in my growth.



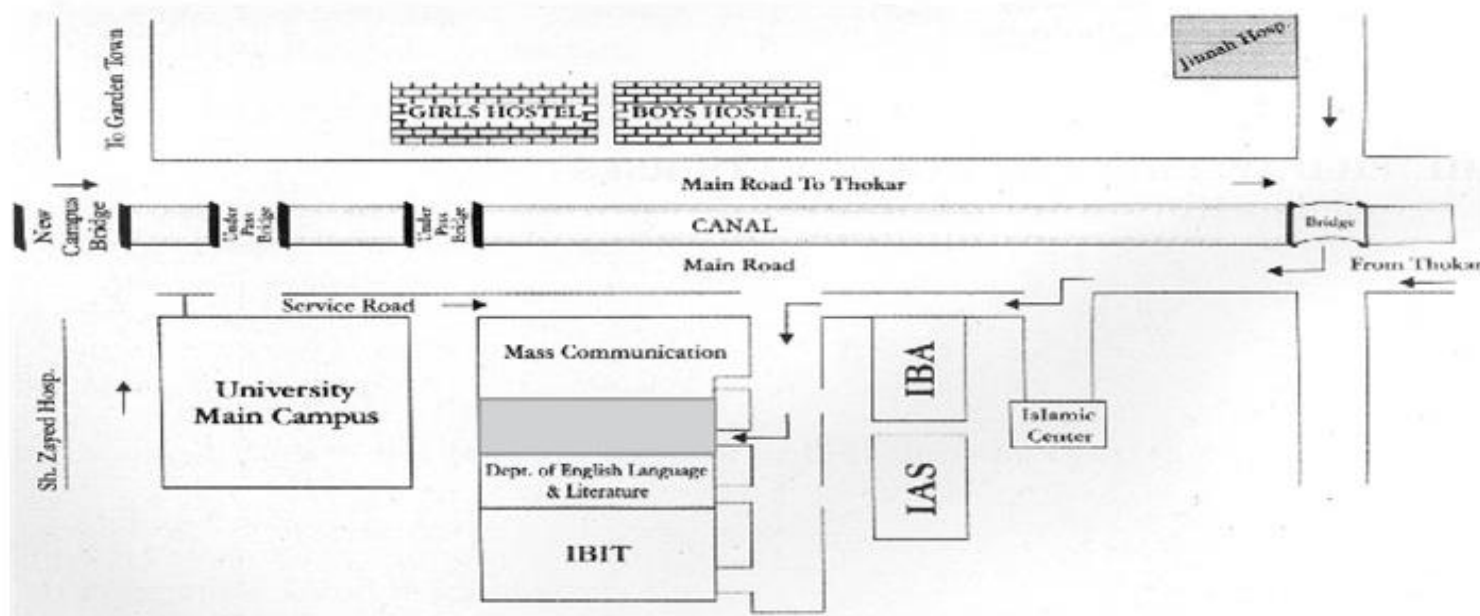
Aziza Riaz

I don't know from where to start, because I have huge bunch of memory on this Institute. Not only I have learned a lot from the valuable teachers of this Institute, they also taught me how to succeed in my practical life. I would always cherish the time that I have spent in this Institute



CONTACT US

Institute of Applied Psychology is situated in Quaid-e-Azam Campus alongside the bank of beautiful Lahore Canal, in an independent Block (zone 2) adjacent to Institute of Communication Studies, Department of English Language and Literature, Institute of Business Administration and across the canal is the Boys' Hostel No. 15.



All correspondence regarding admission should be addressed to:

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Lahore - 54590
Phone: +92-042-99231235
E-mail: info.appsy@pu.edu.pk

Additional information is also available at PU website <http://pu.edu.pk/home/department/39/Institute-of-Applied-Psychology>

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PROSPECTUS

Institute of Applied Psychology

University of the Punjab
Lahore, Pakistan



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