



# IAP CHRONICLES

INSTITUTE OF APPLIED PSYCHOLOGY, UNIVERSITY OF THE PUNJAB

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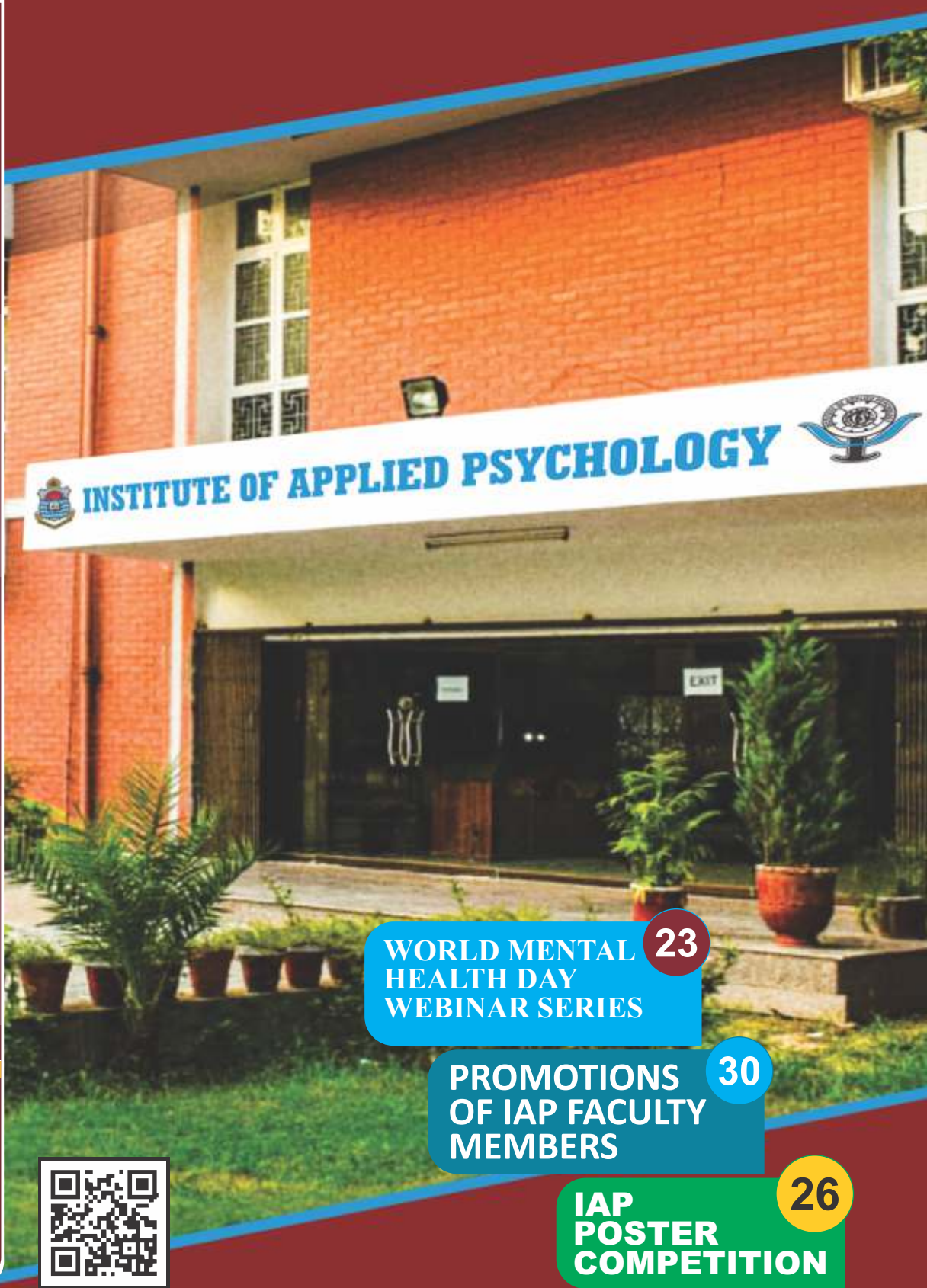
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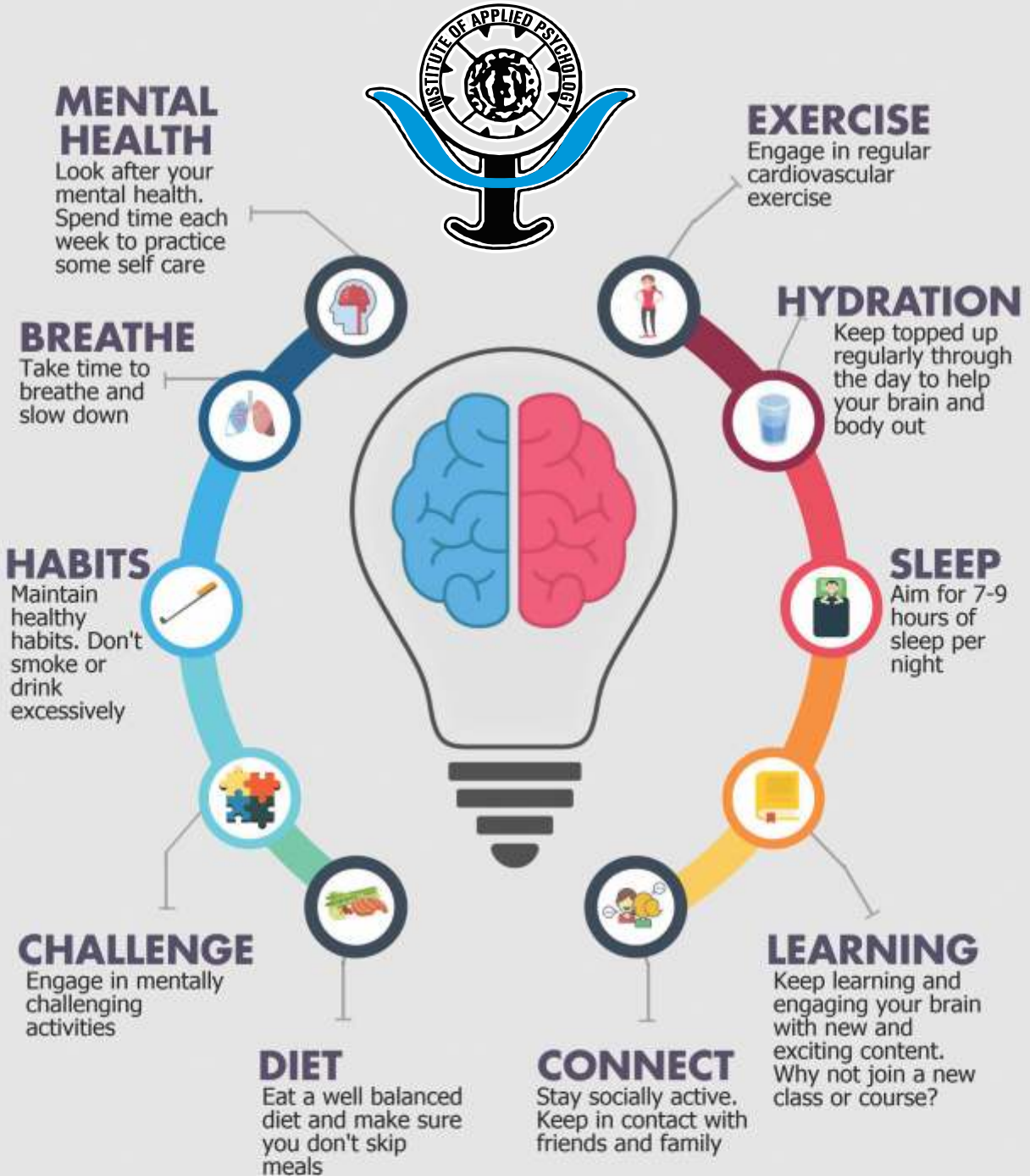
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# 10 WAYS TO KEEP YOUR BRAIN HEALTHY



A Public Service Message by IAP

University of the Punjab, Quaid-e-Azam, Campus, Lahore-Pakistan.

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# IAP CHRONICLES

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COVID-19  
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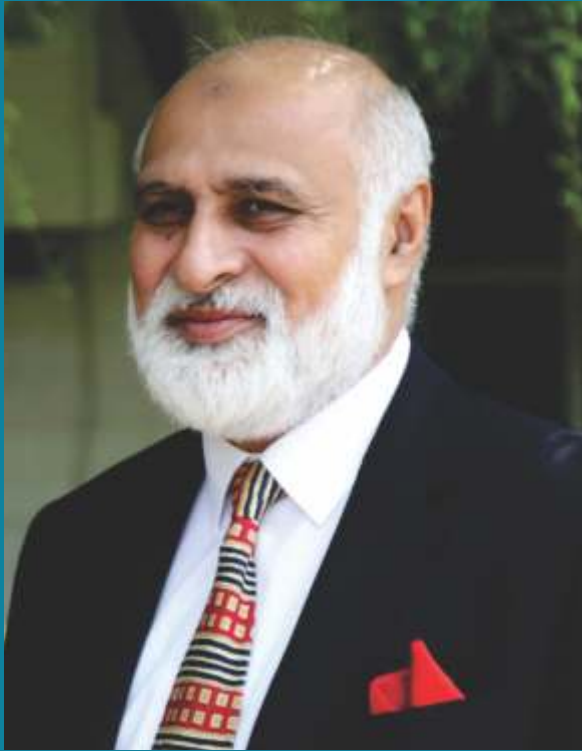
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GOING GREEN  
AND COLORFUL  
DURING  
NOVEMBER 2020





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

## *Public Service Message by the Vice Chancellor University of the Punjab*

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

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

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

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

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

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



## Message from Dean

*Faculty of Behavioral  
and Social Sciences  
University of the Punjab*

**Prof. Dr. Umbreen Javaid**

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



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

Industry, Corporate Sector and Government, we took up the initiative to help people recover and grow from the psychological impact of the services to the community at large. As Covid-19 pandemic. Our volunteers a director, I knew it was the utmost of the Covid-19 Mental Health duty of one of the leading Institutes of Helpline played a pivotal role in Psychology in Pakistan to come mental health telemedicine. IAP forward and provide psychological started the online training modules for relief. In April 2020, we launched the the students and volunteers of IAP to Covid-19 Mental Health Helpline to address the management of mental well cater the psychological needs of health concerns. These series of the masses arising due to the webinars and workshops further pandemic and lockdown. Those with helped in building the skills of the mental health concerns and comorbid volunteers and students. IAP conditions, the elderly, and children developed international linkages and were expected to show greater mental arranged online series of webinars in health concerns. collaboration with many universities

Before the inaugural of the Mental Health Helpline, Clinical, and Health and organisations to better deal with psychologists from all over the situation at hand.

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## Messages from Faculty Institute of Applied Psychology University of the Punjab



**Dr. Fatima Kamran**

Associate Professor, IAP, University of the Punjab.

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



**Dr. Saima Ghazal**

Associate Professor, IAP, University of the Punjab.

Covid-19 and its variants are hitting hard and impacting everyone's life. The long persistence of this global crises has affected almost everyone and causing severe mental health issues in Pakistan. Institute of Applied Psychology (IAP) recognized its role in this critical situation and is playing its part to help the community. In its role, Institute of Applied Psychology responsibly raised awareness for mental health and arranged many seminars, workshops, and programs like training the young trainers to provide mental health support and services to the community. I support and pay my gratitude to all the faculty, staff, and students of Institute of Applied Psychology for all their service to the community during this time of need and its contribution against this crisis. Still there is lot to be done! There is a dire need of massive measures to boost mental health-care services in the coming days. We would continue extending our services and contributions toward a safe and healthy community.



**Dr. Afifa Anjum**

Assistant Professor, IAP, ad Hoc

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



**Dr. Mujeeba Ashraf**

Assistant Professor, IAP, ad Hoc

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

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# Reflections from Ex-Directors IAP

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

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

**Prof. Dr. Ruhi Khalid**  
HOD Department of Psychology, Beaconhouse National University

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

**Dr. Seemen Alam**  
Associate Professor, IAP, (R)

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

**Prof. Dr. Rukhsana Kausar**  
Vice Chancellor, Government College for Women University, Sialkot.

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





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

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



**Dr. Mohsina Najeeb**  
Associate Professor, Lahore Garrison University

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



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

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



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

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



## Reflections from Senior Psychologists



**Dr. Iram Zehra Bokharey**

Chief Clinical Psychologist, Mayo Hospital, Lahore

**I**n view of the challenging situation that we are faced with on account of the Covid-19 pandemic, people are exposed to a lot of stress, anxiety, and depressive symptoms. The bombardment of information from unauthentic sources i.e. the infodemic, further complicates the already difficult situation. In order to help the general public cope with this situation, the Institute of Applied Psychology, University of the Punjab, Lahore, took the lead to reach out to the masses by establishing a Mental Health Helpline service. They trained the volunteers who were “just a phone call away” in the most literal meaning of the term. I congratulate Prof. Dr. Rafia Rafique, and her team for this very important and much-needed initiative. The journey of a thousand miles begins with a single step and I believe the Institute of Applied Psychology, University of the Punjab, Lahore has taken this step. My best wishes for this noble endeavor!

**Dr. Tanveer Nasar**

Principal Clinical Psychologist, Health Department, Govt of the Punjab, (R)

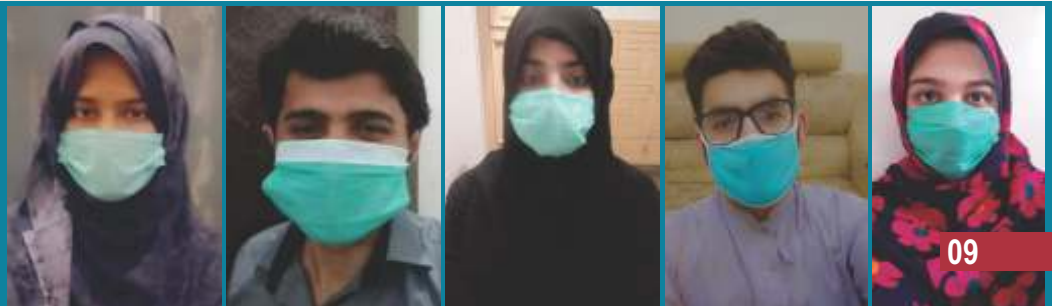
**T**he entire world was under attack of Covid-19, its first case was reported in December 2019, while in Pakistan it was reported in March 2020. In this time of uncertainty Prof. Dr. Rafia Rafique took a great step to initiate Mental Health services for the community, from the platform of IAP. A free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

**Dr. Sobia Aftab**

Associate Professor, ICP, University of Karachi

**I**would like to express my gratitude to Prof. Dr. Rafia Rafique, (Director IAP) and her entire team for providing me the opportunity. Live Service to respond to the mental health needs of the general community. Her distinguished contributions of starting up this service and gathering volunteer clinical psychologists and mental health professionals at one platform for a noble cause of human service during this pandemic are highly commendable. Her continuous efforts of organizing webinars, lectures, training workshops and sessions of renowned national and international Mental Health Professionals for her team of volunteers to ensure the provision of quality and standard mental health and psychosocial support services are reflective of her dedication, genuineness and commitment to her profession and field. Prof. Dr. Rafia Rafique is an inspiring example for her followers in the field.

**OUR IAP  
COMMUNITY  
IS SAFER BECAUSE WE  
DO OUR PART.  
Wear Mask, Stay Safe**



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# Messages from

## IAP Students & Alumni

### Dr. Akram Riaz

Assistant Professor, Department. of Psychology, University of Lahore  
Sargodha Campus

**M**y experience in IAP so far has been a short period of time. I am still exploring all the opportunities IAP has to offer me. IAP is a very welcoming place, and makes us feel at home. As a whole, I had a great experience at Institute of Applied Psychology.

### Mr. Ghulam Ishaq

Ph.D. Scholar, IAP, University of the Punjab

**I**t gives me immense pleasure to be a part of this prestigious Institute. Institute of Applied Psychology, University of the Punjab, Lahore has provided me the opportunity to polish my skills and excel in the field of psychology. Under the leadership of Prof. Dr. Rafia Rafique, IAP is excelling by leaps and bounds and making its mark.

### Dr. Afifa Gul

IAP, University of the Punjab

**T**he calendar year 2020 could be marked as the completion of my Ph.D., and most importantly my 13 years of association with the Institute of Applied Psychology, my Alma Mater. Everything that I have learned and achieved so far both academically and professionally, I owe to the guidance and support of my teachers, class fellows, and colleagues at Institute of Applied Psychology. The baby steps I took here under the supervision of my esteemed teachers, paved the path for a giant leap towards a doctoral degree here and many other professional learning opportunities abroad. I wish all the best to my IAP family in their future endeavors. Keep shining bright!

### Dr. Saadia Dildar

Assistant Professor, In Charge, Clinical Psychology Unit,  
Department of Psychology, G.C University, Lahore

**I**t is an immense pleasure and proud moment to complete my doctorate from a highly recognized and well-established educational Institute i.e. Institute of Applied Psychology throughout my journey of knowledge, it enlightened not only my mind but also life as a whole. What I learned from this Institute, definitely will guide me throughout my life.





### Ms. Shiza Sherazi

School Counsellor, LGS, OPF. M.S Health Psychology, IAP

I feel ecstatic and proud at the same time, to call myself a student (for MSc and MS Health Psychology) of Institute of Applied Psychology. My tenure in this Institute was motivating, challenging and enlightening for which there can be no substitute. Especially, MS Health psychology program encourages its students to rise beyond their daily comfort zones. In summary, it is no exaggeration to say that my Alma mater has provided me with the perfect environment that has nurtured me into a creative, knowledgeable, and independent researcher.



### Ms. Minahil Tahir Khan

M. Sc, ADCP, Clinical Psychologist, IAP University of the Punjab.

In the currently prevailed scenario, when psychological problems are becoming persistent due to Covid-19 pandemic, as people are confined in their houses, I would like to appreciate and acknowledge the innumerable efforts of Prof. Dr. Rafia Rafique for introducing a "Tele Mental Health Support Platform" and providing awareness through various webinars. These platforms aided in managing the psychological problems (depression, anxiety, health related concern) occurring in students and general population. I would admit that this platform provided authentic information that helped in ending the chaos and psychological distress that was arising through unauthentic sources. The psychologists of this platform provided their commendable services in such a difficult time. I would like to congratulate the entire team for achieving such a big milestone.



### Almas Irfan

Ph.D Scholar, IAP, University of the Punjab

I recall that my eight years at IAP is a proud period of my life. This is the best avenue for meeting people from diverse backgrounds. Besides imparting academic skills, IAP also polishes essential skills required at any workplace. I believe that IAP is the reason I have been able to step in and not only succeed in pursuing my career, but excel beyond my expectations. I am always grateful to the Institute for providing all the support whenever I needed. I hope Institute of Applied Psychology, University of the Punjab, Lahore continues to flourish and contribute to the field of Psychology.

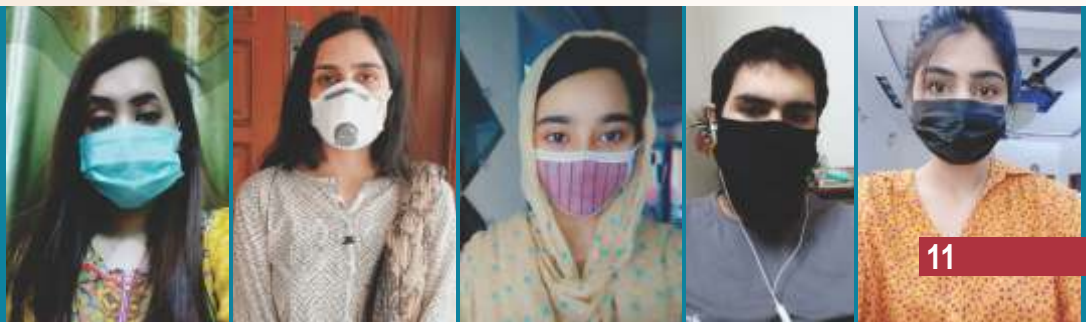


### Fozia Hayat

Ph.D Scholar, IAP, University of the Punjab

Covid-19 Mental health help line is indeed a great initiative by the Institute of Applied Psychology, University of the Punjab throughout the difficult time. Salute to our "Mental Health Heroes", Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology, University of the Punjab and her volunteer psychologists team for their excellent psychological services, provided virtually, to the people to improve mental health and cope in the wake of coronavirus crisis.

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## Talk on “Mental Health Issues” Center for Global & Strategic Studies, Islamabad



**D**irector Institute of Applied Psychology, University of the Punjab, Prof. Dr. Rafia Rafique gave an informative talk on the mental health issues faced by students during the pandemic. She was invited by the Center for Global & Strategic Studies (CGSS), Islamabad as one of the key speakers for the webinar. Dr. Rafia highlighted the impact of Covid-19 on the mental health of students, that's been ascertained through the calls received at the Covid-19 Mental Health Helpline initiated by the Institute of Applied Psychology, University of the Punjab, Lahore. She mentioned that the students were facing the stress of online classes because of poor internet connectivity; furthermore, the lack of expertise of teachers and students regarding e-learning platforms is aggravating the stress. She asserted that it's high time students should realize that it is perfectly OK NOT TO BE OK. Prof. Dr. Rafia Rafique shared that the help is

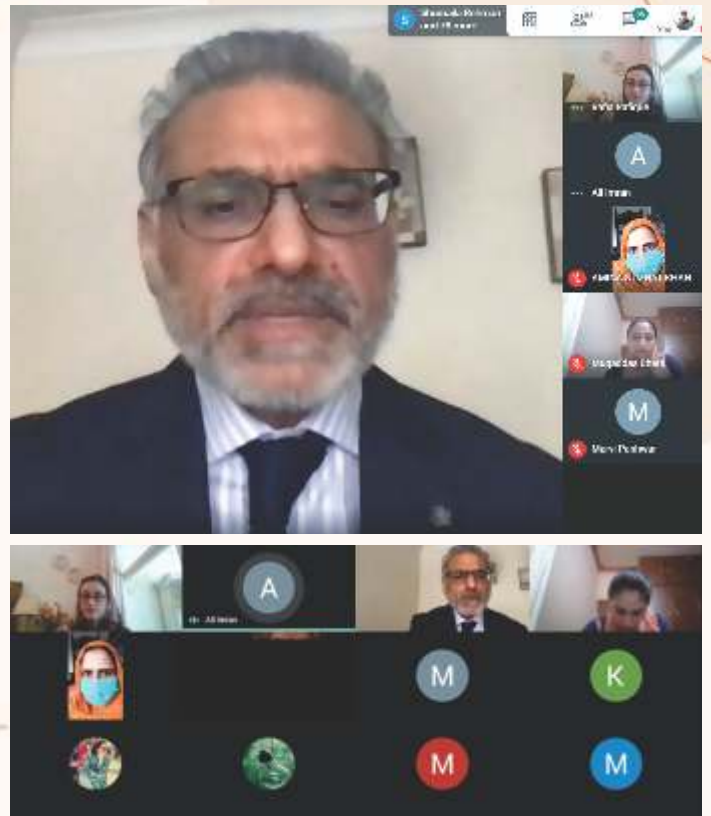
available through online counseling and telemedicine services by Institute of Applied Psychology, and said that students need to structure their day and pay special attention to maintain good sleeping habits. Moreover, she highlighted the positive impact of religious coping, mindfulness, relaxation exercises, deep breathing, and other simple exercises in relieving the stress, anxiety, and depression faced by the students. Prof. Dr. Rafia Rafique was of the opinion that students should learn to manage their time and try to resist the urge of excessive use of the internet. The webinar was attended by a large number of participants from different walks of life. Students showed great interest and appreciated the insightful discussion on mental health. A large number of students and volunteers of Institute of Applied Psychology, and Mental Health Helpline participated in the webinar.

## “ Adolescents and Suicide ”



Continuing with the series of webinars arranged to spread awareness regarding mental health challenges during the pandemic, Institute of Applied Psychology arranged a webinar on "Adolescents and Suicide". Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology shared the Islamic perspective of suicide and how it is strictly forbidden in Islam. She added that having stern faith in Allah and protection of the soul through contemplation can help people suffering from depression. Dr. Fatima Kamran said that there is a dire need to build parent-child relationship and shared insights into raising children through positive parenting. Dr. Afifa Anjum discussed at length how through developing virtues and strengths like gratitude, people can keep themselves safe from depression. Dr. Afsheen Masood on the other hand talked about the role of neurotransmitters in causing depression. Renowned psychiatrists Dr. Iqbal Naeem from Manchester University and Dr. Ali Imran emphasized the protective and preventive role of healthy lifestyles in suicide. Panelists unanimously highlighted the notion that adolescents should be educated about common mental disorders and that stigma related to mental health concerns needs to be addressed.

## “ Psychoanalysis in Modern Mental Health Practice ”



Institute of Applied Psychology, University of the Punjab arranged a webinar on "Psychoanalysis in Modern Mental Health Practice". Dr. Muhammad Iqbal Naeem was the resource person; Dr. Iqbal is a consultant Psychiatrist and Senior Lecturer of Psychiatry at University of Manchester (UK). Dr. Iqbal Naeem discussed Psychoanalysis and its applications during current times. He was of the opinion that psychoanalysis can help in the prevention of severe psychiatric illnesses and therefore, mental health professionals should apply techniques of psychoanalysis for self-analysis. Dr. Iqbal has been working with the Royal College of Psychiatrists, London and shared his experience of working with clients in the UK. The webinar was attended by more than 90 students and mental health professionals from all over the Pakistan.

## “ Religiosity, Spirituality and Mental Health ”



This live webinar on Religiosity, Spirituality, and Mental health was arranged by the Institute of Applied Psychology. Shaykh Jahangir Mahmud, a renowned Islamic Scholar, Trainer and Educationist discussed at length how religion helps to buffer the ill effects of psychological and physical disorders. He highlighted the Islamic definition, intrinsic and extrinsic aspects of religion, and how it helps believers gain wisdom, life satisfaction, and happiness. He emphasized the importance of finding true meaning in life and life hereafter which he said was a must for sustaining psychological well-being. Shaykh Jahangir Mahmud answered questions related to faith, zikar, and how this helps gain mental health. The webinar was attended by faculty, volunteers of the Covid-19 Mental Health Helpline, and students.

## “ Lessons Learned from the Pandemic: A Journey Towards New Horizon ”



A webinar entitled “Lessons Learned from the Pandemic: A Journey Towards New Horizon” was arranged by the Institute of Applied Psychology. Speaker Sehrish Adnan has a Master's in education with a specialization in adult learning design from Monash University. She is a certified trainer in learning design and Development. Sehrish discussed the positive aspects of the pandemic. As an educationist, she talked about the importance of book reading and devising productive activities for children and teenagers during the pandemic. Sehrish highlighted how problem-solving skills can be enhanced in children and teens. She focused on the importance of resilience and gratitude and gave tips to inculcate these virtues. The webinar was attended by faculty, students, and volunteers of Covid-19 Mental Health Helpline of the Institute of Applied Psychology.

## How to Sustain Mental Health During Covid-19 Pandemic

by Prof. Dr. Rafia Rafique



Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology, University of the Punjab, Lahore, delivered a talk on "How to Sustain Mental Health during Covid-19 Pandemic". The webinar was arranged by the Virtual University of Pakistan, Lahore. Prof. Dr. Rafia Rafique, discussed how to enhance self-growth and self-exploration during Covid-19. She gave simple tips to manage anger, anxiety, stress, and sleep disturbances. Moreover, Prof. Dr. Rafia Rafique, stressed the need for gratitude building and emotional ventilation during these stressful times. The webinar was attended by more than two hundred national and international participants.

## Sharing Advent of New Spectrum of Positivity and Kindness



With reference to the World Mental Health Day Celebration webinar series, the first session was conducted on Tuesday, 6<sup>th</sup> October 2020. The session was chaired by Dr. Fatima Kamran, Associate Professor Institute of Applied Psychology, University of the Punjab, Lahore. Dr. Fatima, being the first speaker discussed Maximizing Quality of Life during Covid-19. She emphasized that focusing on the meaning in life and staying away from toxic people along with toxic viruses is essential to maximize the quality of life. Dr. Zainab Javid's topic for the webinar was "Learn to Live a Happy and Positive Life Once Again" and she shared some practical tips and coping strategies that can help towards sustaining positive and happy life amidst difficulties. The last speaker of the session was Ms. Rakia Ashraf and her topic was "Adolescent Health Issues and their Management". The focus of her talk was on different physical, emotional, and psycho-social issues faced by adolescents and shared her insight on how to effectively manage these concerns. Evening session was chaired by Prof. Dr. Rafia Rafique, Director IAP and the guest speaker was renowned psychiatrist Dr. Usman Amin Hotiyana. Dr. Usman talked about the psychological repercussions of the death penalty. Both sessions were live-streamed through official IAP Facebook page and attended by hundreds of participants and professionals.

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





# “Sharing Advent of New Spectrum of Positivity and Kindness”



Two sessions were conducted on October 7<sup>th</sup>, 2020. The morning session was chaired by Dr. Afsheen Masood, Assistant Professor Institute of Applied Psychology. Dr. Afsheen being the first speaker of the session discussed the difficulties of children with disabilities amid the Covid-19 Pandemic and shared how special children are more vulnerable to infections related to Covid-19 as compared to healthy children. Dr. Tanveer Nasar's topic for the webinar was “Mental Health: A Positive Perspective” and she described how constant complaining and reliving the past traumas negatively affects mental health. Ms. Fareeha Naz was the third speaker of the morning session and she shared insights into the psychological management of rape victims and stressed the importance of treating rape victims. The last speaker of the morning session was Ms. Maryam Razzaq she addressed the importance of social support in mental health. The evening session was chaired by Prof. Dr. Rafia Rafique, Director IAP. The first guest speaker was Ms. Mafia Rashid, who

shared the perspective on life post-Covid-19 pandemic and highlighted lifestyle modifications essential to keep up with the new normal. Ms. Amina Bashir was the second speaker, she discussed the management of the children with special needs while focusing on the disruptive behaviors of these children. The third speaker of the evening session was Ms. Sadia Mustafa, she highlighted the issue of social taboo and stigmatization faced by the parents of children with special needs and shared management strategies for such parents. The last speaker of the evening session was Ms. Aneeza Habib, she discussed different aspects of parenting during the pandemic.







# “Sharing Advent of New Spectrum of Positivity and Kindness”

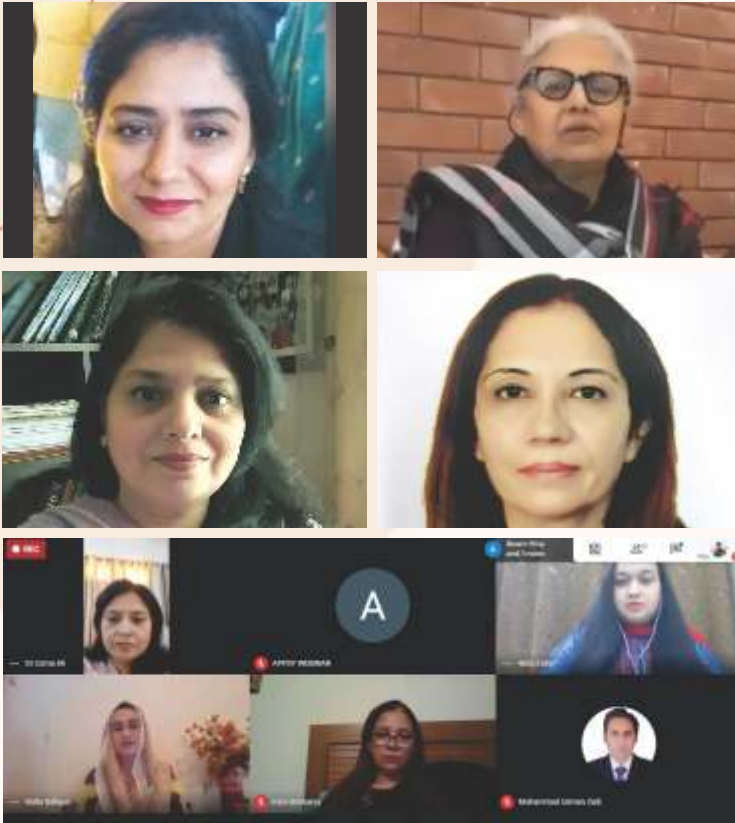
Fifth session was conducted on Wednesday, October 8<sup>th</sup>, 2020. Session was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology, University of the Punjab. Prof. Dr. Rafia Rafique being the first speaker of the session shared tips and gratitude exercises that can help participants remain positive amid difficulties. The second speaker for the morning session was Dr. Rabia Mushtaq. Dr. Rabia is an Assistant Professor at Iqra University, Karachi; she highlighted how suicide attempts can be prevented. She discussed the alarming increase in the rate of suicide in Pakistan and worldwide. Ms. Ghazala Imran, Lecturer at Prince Sultan University, Riyadh, shared coping strategies of expats living in Saudi Arabia. The evening session was chaired by Dr. Mujeeba Ashraf, Assistant Professor, IAP. Being the first speaker of the evening session, Dr. Mujeeba shared her insight into the new norms, focusing on the post-Covid world and how the pandemic has altered the global spectrum. Dr. Farha Abbasi, Assistant Professor of Psychiatry, Michigan State University, USA, highlighted how domestic violence affects women and how women can be protected. Dr. Sobia Aftab, Associate Professor, Institute of Clinical Psychology, University of Karachi, shared her insight on "Combating Suicidal thoughts" and discussed in detail management tips for suicidal thoughts with a focus on mindful self-compassion. The session was moderated by Ms. Nida Zafar (Ph.D Scholar) at Institute of Applied Psychology.



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## “Sharing Advent of New Spectrum of Positivity and Kindness”



With reference to these series, the seventh session was conducted on Friday, October 9<sup>th</sup>, 2020. The session was chaired by Dr. Afifa Anjum, Assistant Professor, Institute of Applied Psychology. Dr. Afifa enlightened the participants on Positive emotions and shared ways to trigger positive emotions that help in improving the overall well-being. Prof. Dr. Nashi Khan, chartered clinical psychologist, UK, Project Director RLMC was the second speaker of the morning session. Her topic of discussion was Covid-19 and Psychological impacts with a focus on coping skills. She emphasized the need for social support, structure, self-care, and emotional regulation in dealing with the stressors of the pandemic. The last session of the webinar series was conducted in the evening. Prof. Dr. Uzma Ali, Director, Institute of Clinical Psychology, University of Karachi, was the first speaker of the evening session. She shared some practical tips on the management of obsessive thoughts. The last speaker of this webinar series was Dr. Irum Zehra Bokharey, Chief Clinical Psychologist, Mayo Hospital, she discussed insights into how to be more self-aware and how people can reformulate life goals. This session was followed by an interactive panel discussion focusing on the wide spectrum of positivity and kindness.

## Panel Discussion on “Spectrum of Positivity and Kindness”

The panel comprised of renowned psychologists Prof. Dr. Najma Najam, Professor Emeritus, Institute of Applied Psychology, Prof. Dr. Rukhsana Kausar, Vice-Chancellor, Government College for Women University, Sialkot, Dr. Mohsina Najeeb, Ex-Chief Clinical Psychologist, Mayo Hospital, Lahore, Prof. Dr. Naumana Amjad, Dean Humanities and Social Sciences, NUR, University Lahore, Prof. Dr. Salma Hassan, Chairperson Department of Psychology, GC University, Lahore, Dr. Amjad Tufail, Associate Professor, Government Islamia College, Lahore, and Dr. Amina Muazzam, tenured Associate Professor, Department of Applied Psychology, LCWU, Lahore. Worthy panelists enlightened the participants on the diverse aspects of positivity and kindness and shared how to incorporate positivity to improve physical and psychological well-being. Both sessions were live-streamed through official Facebook page of IAP and were attended by hundreds of participants and professionals from all around the world.

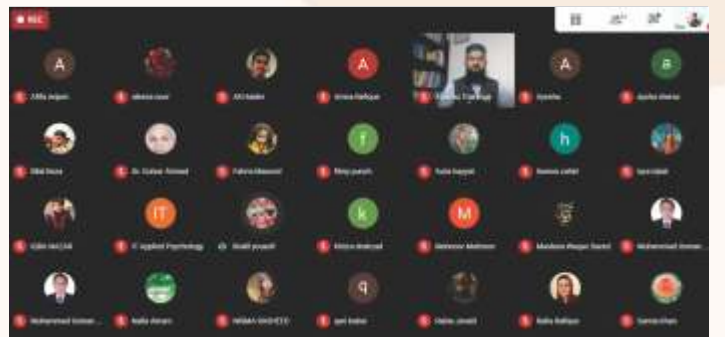


# “Breast Cancer Awareness”



Institute of Applied Psychology arranged a webinar on Breast Cancer Awareness. Dr. Fatima Arifeen, General Physician and member of ESCA, Switzerland was the resource person. She talked about cross-cultural issues associated with breast cancer. Dr. Fatima Kamran, Coordinator MS Health Psychology Program, chaired the session. Dr. Fatima Arifeen emphasized that there is insufficient knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If its detected late, curative treatment is often no longer an option. In such cases, palliative care is essential to provide relief to the suffering of patients and their families. Professionals, students, and volunteers of Covid-19 Mental Health Helpline attended the webinar and participated in the Q & A session. The webinar was live-streamed through the official IAP Facebook Page.

## Character Strengths and Virtues of Our Holy Prophet (PBUH): The Ultimate Role Model



Institute of Applied Psychology organized a webinar with reference to Celebrations of Eid Milad-un-Nabi. Faculty, volunteers of Covid-19 Mental Health Helpline, and students of the Institute of Applied Psychology, participated in the interactive session on Character Traits and Virtues of our beloved Holy Prophet (PBUH): the ultimate role model. The webinar was a blend of Islamic and Positive Psychology. The organization of the six virtues and 26 strengths like Wisdom and Knowledge: creativity, curiosity, open-mindedness, love of learning, perspective, and Innovation Courage: bravery, persistence, integrity, vitality, and zest. Humanity: love, kindness, social intelligence, etc. were discussed by two renowned scholars Maulana Hammad Abbasi and Mufti Khalil Ahmed Yusafi who highlighted the virtues of our beloved Prophet (PBUH). Dr. Afifa Anjum discussed virtues and character strengths with reference to her Ph.D. research. Qari Hafiz Baber recited Naat Sharif for the Prophet (PBUH). Prof. Dr. Rafia Rafique, Director IAP, thanked the honorable speakers. The webinar was live-streamed on the official Facebook page of IAP.

# “ International Day of Tolerance Observed ”

Institute of Applied Psychology arranged a webinar concerning the International Day of Tolerance. The webinar was chaired by Dr. Fatima Kamran, Associate Professor, Institute of Applied Psychology. The resource persons were Clinical Psychologists; Ms. Amna Bashir from the special education department, Ms. Sadia Mustafa working for Government. Special Training Institute for Mentally Challenged Children, Lahore and Ms. Saira Ashraf deputed at Police Training Center, Lahore. Resource persons discussed what tolerance is and how this social skill can be built and why it is important for people to learn this skill. Dr. Fatima Kamran emphasized that tolerance can affect our levels of happiness, as many times we interact with individuals who we do not like or agree with. The interactive session ended with the conclusion that by being tolerant, you are respecting and learning from others, valuing differences, bridging cultural gaps, rejecting unfair stereotypes, discovering common ground, and creating new bonds. The webinar was live-streamed on the official Facebook page of IAP.



Institute of Applied Psychology arranged a webinar entitled "Know Yourself" The webinar was chaired by Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology. The resource person was Clinical Psychologist, Miss Rakia Ashraf who is practicing at Lady Willingdon and Surgimed hospital. The second resource person was Miss Hira Asim, she is a practicing clinical psychologist and Incharge (Adolescent Health Center) at Allama Iqbal Memorial Teaching Hospital, Sialkot. Resource persons introduced the notion of "self-concept" through an interactive activity which was followed by a comprehensive description of the self-concept. Furthermore, the resource persons shared some very useful techniques for children and adults through which they can help themselves overcome their negative self-schemas and enhance their self-esteem and self-efficacy. Miss Hira and Miss Rakia were of the view that during this wave of pandemic, everyone should start exploring their traits and personalities only then they will be able to spot flaws which will enable them to bring a positive change in their thoughts, emotions and behaviors. The crux of the webinar was that positive and constructive self-image, self-care, work-family balance and spiritual connectedness is the key for leading a happy life and help in promoting wellbeing.



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## Addressing and Managing the "Psychological and Social Needs of Students" ACCESS and LIFE in Collaboration with IAP



A webinar on addressing and managing the "Psychological and Social needs of students" was arranged by ACCESS and LIFE (Lahore Institute of Future Education) in collaboration with the Institute of Applied Psychology. Prof. Dr. Rafia Rafique, Director Institute of Applied Psychology discussed issues like sad mood, anxiety, sleep problems, time and anger management issues. Dr. Rafia gave tips to students regarding how to improve their wellbeing during the second wave of Covid. Exercises to build gratitude, ways to manage anger and time, tips to build resilience, and positivity were shared with students of different schools and colleges. The webinar was attended by more than 100 students aged 14 to 22 years. Institute of Applied Psychology is dedicated towards providing mental health community services for the public at large.

## Training Session on "Anger Management"



A training session on "Anger Management" was arranged by IAP Psychology trainees. The resource person for the session was Dr. Fatima Kamran. Dr. Fatima Kamran is a trained Clinical/Health Psychologist, serving as Associate Professor at the Institute of Applied Psychology, Punjab University. The session focused on the training of counseling/clinical psychology trainees on how to handle and manage anger in themselves as well as in their clients. Dr. Fatima Kamran discussed issues related to the assessment of anger as a cause of concern, gave self-management tips and techniques, and short-term and long-term management plans for the clients anger management. At the end of the session, Q and A session was held and participants asked questions and appreciated the training session and resource person. Dr. Afifa thanked the resource person, for conducting this highly informative training workshop.

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## “Pride of Nation Award” For Volunteer Psychological Services During Covid-19 Pandemic.



To acknowledge the services of the psychologists during the Covid-19 pandemic, the Institute of Applied Psychology, University of the Punjab, Lahore in liaison with the Young Psychologists Association, IUCPSS, and YTA, hosted an award ceremony at Al-Razi Hall, University of the Punjab, Lahore. The event was graced by the presence of Vice-Chancellor Quaid-e-Azam

University, Prof. Dr. Muhammad Ali, Prof. Dr. Saleem Mazhar, Pro-Vice-Chancellor, University of the Punjab, Mr. Murtaza Noor and Dr. Mumtaz Anwar, President Academic Staff Association. For setting up Covid-19 Mental Health Services at the Institute of Applied Psychology, University of the Punjab, Lahore. The Pride of the Nation Award was awarded to Prof. Dr. Rafia Rafique, Director Institute of

Applied Psychology. Dr. Afsheen Masood, Assistant Professor IAP also received the award for providing psychological and telemedicine services during the Covid-19 pandemic. Moreover, Dr. Mujeeba Ashraf, Assistant Professor IAP, was also acknowledged for her services during the pandemic and was given the pride of the nation award.

# WORLD MENTAL HEALTH DAY 2020 CELEBRATION WEBINAR SERIES

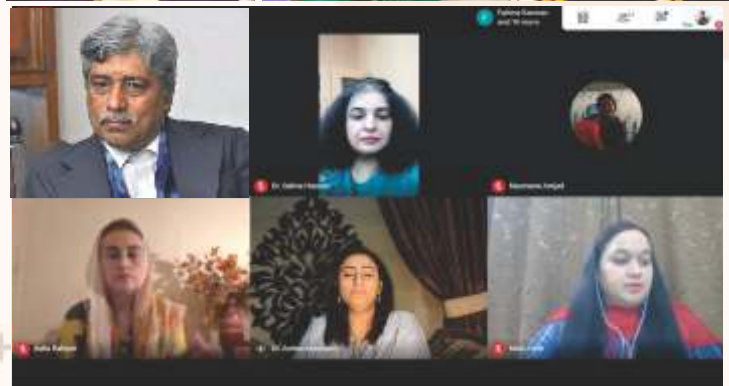


## Theme

### Sharing Advent of New Spectrum of Positivity and Kindness



Institute of Applied Psychology conducted a series of webinars to mark World Mental Health Day. The theme of the webinar series was “Sharing Advent of New Spectrums of Positivity and Kindness”. The webinar series were held from 6<sup>th</sup> to 9<sup>th</sup> October with separate morning and evening sessions. IAP Director, Prof. Dr. Rafia Rafique, welcomed the speakers from across the globe to join the webinar series. Some of the well-known speakers included Dr. Fatima Kamran, Associate Professor, Institute of Applied Psychology, Dr. Afsheen Masood, Assistant Professor Institute of Applied Psychology, Dr. Tanveer Nasar, Clinical Psychologist, Dr. Rabia Mushtaq, Assistant Professor Iqra University, Dr. Farah Abbasi, Assistant Professor of Psychiatry, Michigan State University, USA, Dr. Mujeeba Ashraf, Assistant Professor, IAP, Dr. Afifa Anjum, Assistant Professor IAP, Dr. Iram Zehra Bokharey, Chief Clinical Psychologist, Mayo Hospital, Prof. Dr. Uzma Ali, Director Institute of Clinical Psychology, University of Karachi, Dr. Sobia Aftab, Associate Professor ICP, and Prof. Dr. Nashi Khan, Chartered Clinical Psychologist, UK. The focus of their discussion during this webinar series was positive perspectives of mental health, healthy coping strategies, and ways to cope with stressors. The webinar series was concluded with an interactive session a panel discussion focusing on the wide spectrums of positivity and kindness. The panel comprised of renowned psychologists including Prof. Dr. Najma Najam, Professor Emeritus, Institute of Applied Psychology, Prof. Dr. Rukhsana Kausar, Vice-Chancellor, Government College for Women University,



Sialkot, Dr. Mohsina Najeeb, Ex-Chief Clinical Psychologist, Mayo Hospital, Lahore, Prof. Dr. Naumana Amjad, Dean Humanities and Social Sciences, NUR, Lahore, Prof. Dr. Salma Hassan, Chairperson Department of Psychology, GC University, Lahore, Dr. Amjad Tufail, Associate Professor, Government Islamia College, Lahore and Dr. Amina Muazzam, Tenured Associate Professor, Department of Applied Psychology, LCWU, Lahore. The panelists enlightened the participants on the diverse aspects of positivity and kindness in psychology and shared ways to improve physical and psychological well-being. All sessions were live-streamed through official facebook page of Institute of Applied Psychology and attended by hundreds of participants and professionals from all across the world. Prof. Dr. Niaz Ahmed Akhtar appreciated Institute of Applied Psychology Director, Prof. Dr. Rafia Rafique and her team for taking the initiative of establishing Mental Health Helpline and her team.

# National Mental Health Conference Organized by Young Psychologist Association



IAP participated in National Mental Health Conference organized by Young Psychologists Association on 17<sup>th</sup> October, 2020. The panel discussion was chaired by the Director of the Institute of Applied Psychology, Prof. Dr. Rafia Rafique. The panel comprised of faculty members of IAP, including Dr. Afsheen Masood, Assistant Professor, Ms. Iqra Nazar, Health Psychologist, and Mr. Almas Irfan, Psychologist at Punjab Prisons Department; they discussed the increasing trends of suicide in youth from a Multidimensional Perspective. Panelists discussed diverse factors of suicide with a special focus on the Islamic perspective of Suicide. Suggestions and recommendations for the prevention of suicide were provided.





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## Mehfil-e- Milad-e-Mustafa (SAW)



**M**ehfil-e-Milad-e-Mustafa (SAW) was arranged by the staff of the Institute of Applied Psychology. Faculty and staff participated in the Mehfil. The Mehfil-e-Milad began with the recitation of the Holy Quran followed by Hamad-e-Baritallah and Na'at Khawani by the staff with utmost devotion. The Mehfil-e-Milad was concluded with Dua. Everyone present at the Milad prayed to Almighty for peace, progress, and prosperity not only for our own country but for the entire Muslim Ummah. A special prayer to get rid of the Covid-19 pandemic was made.

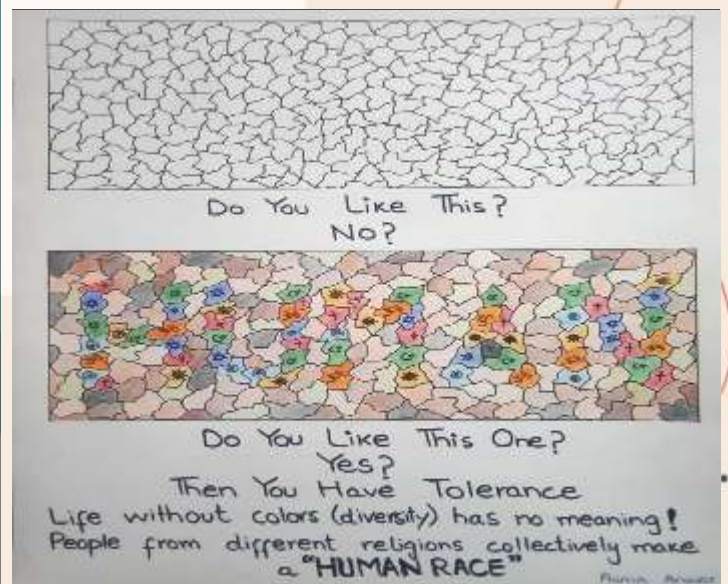
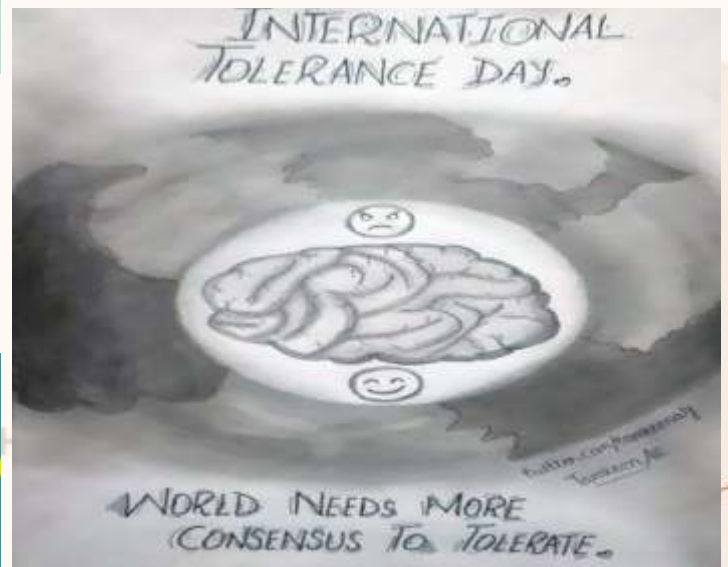
## Independence Day Celebrations Through “Tree Plantation Campaign 2020”



**I**nstitute of Applied Psychology, University of the Punjab Lahore, celebrated Independence Day by launching “Tree Plantation Campaign 2020”. Worthy retired directors and faculty were invited for the Clean and Green Pakistan National Campaign. The ceremony was followed by Dua for the solidarity of Pakistan. Staff of IAP participated in the activity with full enthusiasm.



# Poster Making Competition on “International Day for Tolerance 2020”



Institute of Applied Psychology University of the Punjab, Lahore organized a poster-making competition on the occasion of International day for tolerance, 2020. A large number of participants participated in this competition. Dr. Mohsina Najeeb and Dr. Fatima Kamran were the judges for this competition. Ms. Asma Anwar and Ms. Tamkeen Ali were the first and second position holders respectively.

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INSTITUTE OF APPLIED PSYCHOLOGY  
UNIVERSITY OF THE PUNJAB, LAHORE



# POSTER MAKING

ON THIS INTERNATIONAL TOLERANCE DAY SHARE YOUR PERSPECTIVE OF TOLERANCE

DEADLINE NOVEMBER 12, 2020

## Going Green and Colorful During November 2020



**G**oing green and colorful during November 2020. There is still some plantation needed to be done if you want to keep growing -

you will find all those November sowings and growing goings on at the Institute of Applied Psychology, University of the Punjab, Lahore,

Quaid-e-Azam Campus. The gardeners and staff involved in making the garden green and colorful deserves special appreciation.

## Sports and Extra curricular Activities at IAP



**I**nstitute of Applied Psychology, University of the Punjab, Lahore cares for the psychological health of its students, faculty, and staff. During the second wave of Covid-19, we are trying our level best to care for the

quality of life of everyone at Institute of Applied Psychology by providing them facilities like badminton and table tennis. As we believe that sports and exercise improve mental health by reducing anxiety, depression, and

negative mood and by improving self-esteem and cognitive functioning, playing outdoor games has also proved to alleviate symptoms of low self-esteem and social withdrawal.



## 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. Iqra Nazar, to spread awareness and to psycho-

educate 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).



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## Journal of Behavioural Sciences by Institute of Applied Psychology

Journal of Behavioral Sciences is an official publication of the Institute of Applied Psychology, University of the Punjab, Lahore, and is published biannually since 1990. It has also been indexed and abstracted in PsycInfo, Ebsco Host, ProQuest, Asia Net Pakistan, and Universal Digital Library (UDL) of Malaysia. Journal of Behavioral Sciences is currently listed in the "Y" category by the HEC. It is an interdisciplinary journal and the contents include, working on a wide range of topics in Psychology and allied disciplines.

Message from Handling Editor JBS, **Dr. Fatima Kamran**, Associate Professor, IAP.



“Our official publication at Institute of Applied Psychology is Journal of Behavioral Sciences (JBS) which is published biannually. Our Editorial Board comprises of associate editors and consulting editors who are accomplished international and national professionals, working diligently under the dynamic leadership of Prof. Dr. Rafia Rafique, Chief Editor JBS. To keep up with the tradition, the Editorial Board of the JBS reviewed and ensured the publication of three back-to-back issues in the last three months and further issues are in the pipeline to be published in the upcoming months. Our editors worked tirelessly to clear the backlog of the articles pending since 2016; for this, they reviewed plenty of deferred articles and ensured none of them is left undone. This provides an opportunity for fresh perspectives on contemporary issues to timely find their place in the journal. At JBS, though we prefer papers based on empirical work but review articles and case studies are also considered for publication. To ensure objectivity and avoid reviewer's bias, we practice double-blind peer-reviewing policy.”



## Promotions of IAP Faculty Members as Professor, and Associate Professor



**Prof. Dr. Rafia Rafique**  
(Professor)



**Dr. Fatima Kamran**  
(Associate Professor)



**Dr. Saima Ghazal**  
(Associate Professor)

Another proud moment for IAP, as the Director Institute of Applied Psychology, University of the Punjab, Lahore Dr. Rafia Rafique got promoted to Professor, whereas Dr. Fatima Kamran and Dr. Saima Ghazal got promoted to the rank of Associate Professor.

## Ph.D Degrees Awarded at IAP



**Dr. Akram Riaz**

*“Acculturation and mental health outcomes among international students in Pakistan”*



**Dr. Zainab Javed**

*“Television viewing and well being of overweight young women”*



**Dr. Afifa Gull**

*“Psycho-social predictors of suicidal and non-suicidal self-harm: An indigenous Perspective”*



**Dr. Saadia Dildar**

*“Predictors of Psychological Implications of Trauma for Adolescents and its Psychological Intervention”*

## M.Phil and MS Health Psychology Programs at IAP

19 M.Phil. and 12 MS Health Psychology degrees were awarded at IAP in the year 2020. The new

batch has also been enrolled this year in both programs. IAP congratulates the new students and wishes them a

journey full of knowledge and enlightenment.

**+ STOP THE SPREAD OF COVID-19 +**

# **LOWER YOUR RISK**



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



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



**WASH YOUR  
HANDS**



**STAY  
APART**



**WEAR A  
MASK**



# Protect yourself and others against COVID-19

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Cover your coughs or sneezes with tissues or your elbow



Put your used tissue in the rubbish bin or in a plastic bag



Wash and dry your hands often, especially after coughing or sneezing – use soap or hand sanitiser



Stay away from others if you're unwell



A Public Service Message by IAP  
Institute of Applied Psychology,  
University of the Punjab,  
Quaid-e-Azam, Campus,  
Lahore-Pakistan.  
[www.pu.edu.pk](http://www.pu.edu.pk)