



IAP NEWS

2018



Institute of Applied Psychology University of the Punjab, Lahore

Patron In-Chief



Prof. Dr. Niaz Ahmad Akhtar
The Vice Chancellor

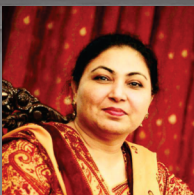
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MESSAGE FROM PATRON IN-CHIEF



It is indeed matter of great pride for me to take up the responsibility of serving University of the Punjab from this year where Institutes like Institute of Applied Psychology are extending their services for eager learners in different domains of Psychology.

The Institute of Applied Psychology has been one of the topmost institutes in imparting knowledge, promoting research and in catering community services; this is a place where excellence is promoted, cherished and celebrated. In fact, Institute has treaded massive developments and has emerged as one of the best Institutes, extending education and training in the domain of Psychology in Pakistan. The semester system based programs of BS 4 years (Morning & Replica), MSc, (Morning & Replica), MPhil, MS Health Psychology and PhD have been delivering incredibly due to sheer hard work and dedication of highly qualified and committed faculty members, motivated students who are keen to learn Psychology and are ready to serve and address the increasing mental health issues of the community. In the same lieu MS in Forensic Psychology and Advance Diploma in Forensic Studies are in pipeline to be offered soon that are very much need of the community.

Prof. Dr. Niaz Ahmad Akhtar

Vice Chancellor, University of the Punjab, Lahore

MESSAGE FROM THE DIRECTOR

At Institute of Applied Psychology, the pivotal aim is to provide world class education and training in the domain of Psychology. The Institute of Applied Psychology is equipped with excellent human as well as technical resources, i.e. laboratories, assessment lab and library to create a supportive and stimulating environment for teaching and learning. In addition to regular Morning and Replica Masters Programs the Institute has been offering BS-4 years Regular and Replica Programs along with MPhil, PhD and MS Health Psychology Programs. MS in Forensic Psychology and Advance Diploma in Forensic Studies will also be introduced this year, and MS in Social Psychology will be introduced in near future. We make dedicated efforts to inculcate a sense of social responsibility towards community among our graduates. In recognition of our commitment to high academic standards, Higher Education Commission of Pakistan selected the institute for Up-gradation. Faculty members are actively involved in supervision of students' research work, conducting their personal research projects, presenting research work in conferences across the globe and publishing

research papers in journals of international repute. At the academic front, we look forward to a productive year and welcome enthusiastic students. I firmly believe that our success is a result of team effort which will manifest in the years to come as truly remarkable with the accumulation of well-deserved laurels.



Prof. Dr. Farah Malik

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

IAP Welcomes New Vice Chancellor

Prof. Dr. Niaz Ahmad Akhtar

Faculty of Institute of Applied Psychology congratulated Prof. Dr. Niaz Ahmad Akhtar on appointment as new Vice Chancellor of University of the Punjab. Bouquet was presented and worthy Vice Chancellor elaborated his vision for University of the Punjab and extended cooperation with Director and Faculty in all future academic endeavors.

Congratulating New Director

Prof. Dr. Farah Malik

Faculty and Staff of Institute of Applied Psychology congratulated Prof. Dr. Farah Malik for joining the Institute as Director on 6th March, 2018. A bouquet was presented to welcome Worthy Director and best wishes were extended hoping for a prosperous future.



Interview with Legend of Psychology Prof. Dr. Rafia Hassan

Chairperson of Department Applied Psychology (01-03-1971 to 08-11-1973)

(02-03-1974 to 02-01-1975)

(27-10-1978 to 08-09-1990)

Tell us something about your family.

My father, Dr. Alifa Abdul Hakeem was a scholar, philosopher and author. He contributed in many disciplines. He served as a Professor in Usmania University in Hyderabad, Deccan and here in Lahore, he served at Institute of Islamic Culture.

He went to Idleberg, Germany to get his doctorate in the same institute where Iqbal had also studied. I have one elder brother who lives in Canada.

Please share your journey of education with us.

I went to Kinnaird College for Women and then studied Psychology from GCU, at that time, Qazi M. Aslam was the head there. I remember there were 18 students in my class, out of whom, 7 were girls and the rest of them were boys. Then after completing my MS in education from Harvard University, I came back to Pakistan and served in Sindh for some time. I headed on for my PhD from London University and did my PhD dissertation on "Monolingual and Bilingual School Children's Performance on Verbal and Non-Verbal tests." After returning from there, I joined Applied Psychology Department.





You had the honour of heading the Department of Psychology for such a long span of time. Did you face any administrative challenges along the way?

Not as such. I feel that there was cooperation from all faculty members. I always had the advantage of support from faculty. The academic was much more immaculate as there were fewer political involvements by the students and teachers. Rifts were uncommon. In fact, unity of staff was my strength while carrying on the tedious tasks of administration of the Department of Psychology and I thoroughly enjoyed my experience.

What characteristics should one have to be good in an Educational Institute

One must be dynamic and must learn and disseminate knowledge. One should do community work. I feel, as head of institutes we should not be rigid rather must carry a flexible sensitive, empathetic listening ear. As leader or head, one cannot stay passive. While leading my department, I always tried to stay supportive for my fellow colleagues, co-workers and assisting staff. I tried to be dynamic and always tried to make the most out of my situations. I took initiative on such matters that were challenging and that sounded impossible to others.

Now please enlighten us about your journey at University of the Punjab, Lahore.

Formally Psychology was assumed as part of Philosophy and then in 1963 Applied Psychology was started with that spirit that the field must partake its due position and status for welfare of community at large in Pakistani society. Dr. Ghulam Jillani was the first head and he invited me to join over the Department of Psychology, University of the Punjab, Lahore.

What do you think what is the emerging challenge to Psychology students these days?

I feel that obtaining a degree of Psychology is not adequate these days. Students of Psychology must strive for Specializations. Though not many subspecialized fields of training are offered in Pakistani Universities but this is the dire need of the time to start them now. Simultaneously the students must be aware of roots of Psychology and related exposure of relevant subjects. Foundations of subject must be made strong if we want good students with excellence in skills and specialization. Only this can ensure their personal repertoire and success in the long term.

In which area do you think that students are being unfortunate today?

Political and social pressures on students these days are barring their academic spirit. Their positive growth in academia gets hampered by administrative pressures and politics. Students are less sensitive and conscious about their immediate world and stay immersed in digital things.

What are your comments about technology?

Technology is good but unfortunately its usage is wrong. Connectivity is greatest boon and communication ease is a blessing but connection with your immediate environment has been decreased drastically.

What message do you have for leading a successful life?

You should be vigilant about your environment and its happenings. You must be aware of your society's challenges and issues; you must be having knowledge and updates on current affairs. You should have sensitization to responsibility and global citizenship. On topmost, one must have courage to stop the wrong. One must be doing practical to promote positivity and curb negativity and stop evil.

In your view who is a good Psychologist?

A good psychologist is empathetic, rationale and composed. He or she is aware of the society's challenges and responds conscientiously in times of need. He or she is not led away or carried away by emotions rather always responds sensibly. How one responds to situations, must not be flavored with impulsivity. and ought to stay resilient in times of odds and difficulties. Once we extend our services as professional psychologist, we should try to have insight on dynamics of others' behaviour. People may raise issues for you but how we respond is our choice and we must not perturb ourselves due to others' behaviours. We should always keep an eye on positive and active dynamics of a situation. We should always have self-confidence and self-control and we should be source of pacifying others and our insight into dynamics of others' behaviour must be better than those who are from non-Psychology background.

What have been your engagements after retirement?

I tried to contribute on various boards after retirement like Amin Maktab, Johar Town Special Education School, Advisory Committee, NGO's and different welfare organizations.

Due to my limited mobility and old age, I now prefer to be selective in attending the social gatherings, and try to spend more time in reading the words of wisdom from newspapers and magazines etc.

With whom you had most cherish-able time in your professional life?

I had been very blessed to have many refined colleagues and I cherish them a lot in my life. Yet Professor Dr. Hamid Sheikh had been one of the gem persons with whom I had best time of my life.



ACADEMIC ACTIVITIES

Workshops, Seminars & Extension Lectures held at IAP

Extension Lecture on Child Abuse, Related issues and Interventions

IAP arranged an extension lecture on 'Child Abuse, Related Issues and Interventions for students of BS, MSc and PhD Psychology at IAP on November 1st, 2017. The resource person was Dr. Rabia Iftikhar, Lecturer Clinical Psychology Unit GCU Lahore. The lecture was arranged specifically to enrich the skills of students' in the domain of Forensic Psychology. She competently explained the core concepts encompassing Child Abuse, causal factors and consequences in an enlightening manner.

Extension Lecture on Drug Addiction, related Issues and Interventions

On November 21st, 2017 a lecture was

arranged on "Drug Addiction, Related Issues and Interventions" for the students of BS, MSc (Morning & Replica) and PhD. The lecture was conducted by Dr. Musaffa Butt, Assistant Professor, Government College University. The students were elaborated on the types of drug addictions, causal factors, consequences, statistics and necessary mechanisms for its prevention.

Extension Lecture on Forensic Investigation Techniques

On December 5th, 2017, Prof. Dr. Farah Malik arranged a lecture on "Forensic Investigation Techniques" for the students of PhD, MSc (Morning & Replica) and BS in the field of Forensic Psychology.

This lecture was conducted by Mr. Manzoor Hussain, Senior Research Officer,





Centre of Excellence in Molecular Biology, PU, and Dr. Nadeem Sheikh, Associate Professor, Department of Zoology, PU. The students were briefed about forensic investigation techniques and application aiding in criminal profiling and research. Queries of the students were answered at the end of the lecture to enhance their understanding of the topic.

Seminar on Numeracy as Predictors of Decision Making:

A seminar entitled "Numeracy as Predictors of Decision Making" was organized on January 3rd, 2018. Dr. Saima Ghazal, Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore conducted the seminar for M.Phil and Ph.D students. The seminar provided students with an excellent opportunity to enhance their conceptual and practical knowledge in order to develop their academic and professional skills in test construction and procedures relevant to it.

Qualitative Data Analysis through NVIVO-11 Workshop:

One day workshop on Qualitative Data Analysis through NVIVO-11 was organized for MPhil and PhD Scholars of Institute of Applied Psychology, University of the Punjab, Lahore on March 7th, 2018. Dr. Mujeeba Ashraf, Assistant Professor, Institute of Applied Psychology, University of the Punjab was the resource person. This mainly focussed on enhancing the capabilities of students in analysis strategies in qualitative research which could prove extremely beneficial for their research projects.

Acting Training Workshop :

A week long acting workshop was organized for students of Institute of Applied Psychology which enhanced students' capacities and capabilities in extracurricular activities.

It was held from March 14th March to 19th March, 2018. Sibte Hassan, Founder of Makhotay Theatre and Zakariya Hashmi, actor at Makhotay Theatre arranged various training exercises to polish the expressive and acting skills in students. The production team was also trained for theatre management and performances.

Workshop on Child Sexual Abuse:

Institute of Applied Psychology arranged one day workshop on "Child Sexual Abuse" on 7th May, 2018 for the students PhD, MS, MPhil, (specializing in Clinical and Forensic Psychology). Dr. Saima Sandhu, Chartered Clinical Psychologist from New Jersey, USA delivered an awareness lecture regarding factors, consequences and statistics of child sexual abuse. She elaborated on the importance of adopting necessary mechanisms to prevent child sexual abuse.

Workshop on SEM through AMOS:

A two days' workshop on SEM through AMOS was conducted from 28th to 29th March, 2018 for the students of M.Phil, MS Health psychology and PhD. The primary purpose of the workshop was to enlighten students regarding the guidelines necessary for conducting advanced statistical analysis with AMOS. The resource person was Mr. Muhammad Faran, Lecturer, University of Management and Technology. The workshop provided a promising opportunity to the attendees to enhance their understanding on intricacies of conducting statistical analysis through AMOS.

Workshop on Online Data Collection:

Institute of Applied Psychology arranged one day workshop on "Online Data Collection" on 4th April, 2018 for the students of MS Health Psychology and MPhil Applied Psychology.

Ms. Jaleesha Abdul Hafeez Butt who recently did MS from Middle Sex University, UK was the resource person. The primary objective was to raise awareness regarding techniques of online data collection as an aid to the technological advancements in research. The workshop was beneficial in terms of keeping students updated in research advancements.

Workshop on Self in Research:

Dr. Aroosa Fahim, Dean of Social Sciences, Kinnaird College for Women Lahore conducted a workshop on "Self in Research" on 9th May, 2018 for students of PhD, MS, MPhil. She elaborated how subjective sense of self facilitates or hinders our research process. The workshop was beneficial in training Students for future researches.

Workshop on Application of Psychological Assessment:

Workshop on "Application of Psychological Assessment" was conducted by Dr. Iftikhar Ahmed, Professor, University of Management and Technology on 2nd May, 2018 for the students of PhD, MS and MPhil. The students were elaborated on modern techniques of psychological assessment and application of testing and assessment in Psychology.

Organizational Psychology Study Visits:

First visit of Organizational Psychology students was arranged by Ms. Shazia Khalid for Shahkam industry of Knitted, Woven & Denim Apparel & Garments Producer on 16-17 November 2017. A two-day tour consisted of a brief introduction and visit of the whole industry from the labor section, working on machinery, processing, to marketing department of brand ONE. Mr. Shahid Kamil, CEO, met with the students and explained the Vision to "Go Big or Go Home".

Another informative visit was arranged to Interwood Pakistan, a leading Furniture and Lifestyle brand on December 5, 2017. Visit was extended in all section of industry from purchase department to wood polishing.

It was wonderful experience to visit and explore nailing and packing of furniture. The third visit was arranged to Tetra Pack-processing and packaging solutions for food and beverages on 22nd February, 2018. Mr. Osman Bucha and Mr. Ali welcomed the Students. They were also briefed about the actual meaning of Tetra Pack and the process of packaging and processing of food. It was a well-furnished industry in the line of management hierarchy.

Forensic Psychology Study Visits

First official study visit of first batch of BS-4 years Students' of Forensic Psychology was made to District Jail, Lahore arranged by Prof. Dr. Farah Malik and Ms. Shahnila Tariq on 15th November and 29th November, 2016. Before going to jail, formal permission from IG Punjab was taken. Students were supervised by a team of constables and deputy Superintendent Mr. Ghulam Sarwar. Students visited Prisoners cells. 2nd official study visit of first batch of Forensic Psychology to Child Protection and Welfare Bureau was arranged by Prof. Dr. Farah Malik and Ms. Shahnila Tariq on 16th November and 30th November, 2016. The students were taken to different area of CPWB; the Principal Ms. Saiqa Hafeez briefly got herself and bureau introduced to the students. Third visit of Forensic Psychology students was arranged by Prof. Dr. Farah Malik and Ms. Shahnila Tariq to central jail, Lahore on 14-03-2018. The tour consisted of a brief introduction and visit of the central jail Lahore, from the kitchen of the jail to its cells. Mr. Ijaz Asghar, superintendent of the jail met students and explained all the system of the jail. The students were also given lunch. Another study visit was made to the session court, Lahore on May 3, 2018. The students were welcomed by two honorable judges of session court. Mr. Abid Hussain Qureshi, head of session court briefed the students about all the proceedings and laws of different courts under one roof.



HIGHLIGHTS OF EVENTS



One Day Symposium :

Psychology for Change: Women and Community

In connection to International Women's Day celebrations across globe, Institute of Applied Psychology (IAP), organized a one day symposium entitled "Psychology for Change: Women and Community", on 21st March, 2017 at Al-Razi Hall, University of the Punjab (PU), Lahore. The inaugural session started off with an address by Prof. Dr. Farah Malik, Director Institute of Applied Psychology (IAP) and Center for Clinical Psychology (CCP), University of the Punjab, who welcomed the worthy guests and dignitaries followed by a screening of documentary on women empowerment in Pakistan. Prof. Dr. Najma Najam, Former Vice Chancellor Fatima Jinnah Women University, Rawalpindi (first Women University) and Karakoram International University, Gilgit, delivered the keynote address on the occasion followed by an address by worthy Vice Chancellor, Prof. Dr. Zaffar Mueen Nasar, who acknowledged and appreciated the efforts of women in the development of Pakistan as well as of the university. Lastly, the guest of honor, Begum Zakia Shah Nawaz, Minister for Population and Environment, Government of the Punjab, addressed the audience and highlighted the contributions of women in

every sphere of Pakistani society. The session ended with distribution of shields among the worthy guests. In continuance to this, a symposium presentation session chaired by Prof. Dr. Ruhi Khalid, Director Institute of Psychology (IP), Beaconhouse National University Lahore This was arranged followed by a panel discussion which explored the theme of this symposium in great detail chaired by Prof. Dr. Rafia Hassan, a renowned Psychologist. The panel comprised of several eminent women from diverse fields of society including, banking sector, sports, academics, social activism etc. The event formally ended with vote of thanks and certificate distribution ceremony, in which participants of poster exhibition and theses display were awarded with certificates of Appreciation for their work amidst huge round of applause.

Institute of Applied Psychology Alumni Dinner

Institute of Applied Psychology Alumni Dinner Institute of Applied Psychology organized Alumni Dinner on 7th April, 2017 to relive memories with Esteemed Alumni of IAP and to bid farewell to pass out batches. The energetic event included Prestigious Alumni who had been a significant part of the Institute. The Director, Prof. Dr. Farah Malik and faculty members welcomed gracious personalities including Prof. Dr. Muhammad

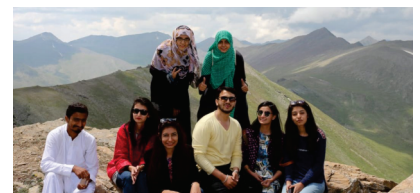


Naeem Khan, Dean of faculty of Life Science, Former Chairpersons and Directors of IAP, Dr. Rafia Hassan, Prof. Dr. Ruhi Khalid, Dr. Mian Aftab Ahmed, Professor Emeritus IAP, Prof. Dr. Najma Najam, Prof. Dr. Rukhsana Kausar, Former President of Pakistan Psychological Association, Dr. Bilal Aslam Sufi and Mr. Riaz Fatyana. Mr. Khwaja Muhammad Usman, a Government and Multinational Business Consultant was also present at Alumni Dinner as well as other Dignitaries who are serving in the various fields. The program started with the Almighty's name and proceeded with cultural depiction of Pakistan. A tribute was paid to Two Legendary Teachers; Late Dr. Hamid Sheikh who had passed away last year and Late Prof. Dr. Abdul Hai Alawi for their enormous contributions in the field of Education and Psychology. Moreover, Prof. Dr. Alawi's daughter rendered Prof. Dr. Alawi's Gold Medal and two scholarships for the toppers of M.Sc Morning session. A video of precious moments of Alumni was also shown to commemorate significant moments of their lives at IAP. The students also entertained the guests through performing arts. The program ended with Director's address on the importance of such events in which alumni meet, share experiences, relive the moments spent and most importantly serve as an inspiration for current students.

5 Day Study Tour

Institute of Applied Psychology arranged Five Days Tour to Abbottabad and Naran on

25th-30th July, 2017. Dr. Shazia Khalid and Ms Zaeema Farooq accompanied the tour. Journey Began on 25th July, 2017, in the morning around 7am with blooming faces of students waiting to enjoy their tour to the fullest. Buses departed from Lahore and reached Abbottabad in half a day. Students visited the grand Ilyasi Mosque which was delightful, fascinating and utterly perplexing at the same time. The very next morning on way to Naran, students visited famous tourist hub in Kaghan Valley. Later, after 3 hours' drive and a short stay, students headed to an adventurous and yet another unique experience to visit breathtaking and heavenly Saif ul Malook Lake. Boating in the blue mesmerizing waters of the lake and horse-riding on lush green lawns was once in a life time experience. Next Morning, they took their way to eye-catching and one of the beautiful mountain tops, the Babusar top with a beautiful view of Lalusar Lake on the way. After a pleasant evening of sightseeing and eventful and tiring adventure of hiking to the top. The students headed back to hotel in Naran. At dinner, they were provided traditional local food which indeed was delicious. 4th day was destined for a beautiful place called Siri Paye along River Kanhar. The weather was stunning and imparted a great view of the landscape. The green meadows were completely mesmerizing. Last spot on the 5th day (on way back to Lahore) was Sajikot Waterfall. Students reached Lahore after a short stay at Bhera rest area which was an excellent closure to the fun time of tour to Naran, Kaghan Valley.





Annual Mehfil-e-Milad

Annual Mehfil-e-milad was held at the IAP on December 11th, 2017 to observe the auspicious event of 12th Rabi-ul Awwal. The event started with Quran khawani and was followed by naats offered in the honor of Prophet Muhammad (P.B.U.H). Students, faculty and staff members participated in event with religious passion and zeal to celebrate and honor the birth of Prophet Muhammad (Peace be Upon Him). The event marked its end with a collective Dua after which tabaruk (sweets) was distributed among all attendees.

Tribute to Martyrs of Army Public School

On 16th December, 2017, students of Institute of Applied Psychology arranged a Dua, Homage and tribute to Martyrs of Army Public School. The event began with the recitation of Quran, Naat was delivered by Syed Qamar Raza. After that, emotional and moving poems were presented by Kumail Raza and Syeda Omaira. Prof. Dr. Rukhsana Kausar addressed the audience and shared words regarding the importance of sensitization in youth for such tragic incidents and the concerns for security.

Peace Seminar

Institute of Applied Psychology, in collaboration with Center for Clinical Psychology, University of the Punjab, Lahore, organized a seminar entitled "Peace Seminar" at Al-Razi Hall, Centre for Undergraduate Studies, University of the Punjab, on December 22nd, 2017. Prof. Dr. Taqi Zahid Butt, Dean, Faculty of Engineering & Technology, University of the Punjab, Lahore, and Prof. Dr. Muhammad Naeem Khan, Dean Faculty of Life Sciences were worthy chief guests for the event. A large number of students of IAP and CCP along with faculty members were present at the occasion. This seminar was organized to pay homage to MARTYRS of Army Public School Peshawar, in collaboration with Punjab Higher Education Commission (PHEC).

Annual Dinner 2018

Institute of Applied Psychology organized Annual Dinner on 16th February, 2018, to bid farewell to pass out batches and to welcome new comers. The Director Prof. Dr. Rukhsana Kausar and faculty members welcomed gracious personalities including Prof. Dr. Muhammad Naeem Khan, Dean of faculty of Life Science, Dr. Rafia Hassan, founding chairperson and Prof. Dr. Najma Najam, former Director. The program started with the recitation and continued with reenactment of Heer Ranjha accompanied by Sufi performances. It included diverse skits depicting life in a police station and an extravagant illustration of a political talk show. The students showed their zeal and zest. The fun continued with the singing performances of students accompanied by flute and musical performances, highlighting the creativity and involvement of students. The students gave titles and souvenirs to their seniors. The program ended with shield presentation, honoring the services of ex-Directors in the field of Psychology where Director addressed, emphasizing on the importance of such events in which alumni meet, share experiences and most importantly re-live the moments spent at the Institute.

One Day Study Tour

Institute of Applied Psychology arranged one day Study Tour to "Soon Sakesar Valley" on 7th April, 2018, accompanied by Dr Shazia Khalid, Dr Iram Fatima and Ms. Shahnaila Tariq. At sharp 6 am students left from the university, looking forward to adventurous yet informative journey. The students scheduled time for quenching thirst of exploring beautiful and alluring lakes like Uchalli lake, Khabeki lake, Janhar lake and Kanhatti Gardens, and spent a wonderful day in the blue mesmerizing waters of lakes and on lush green lawns. Lunch was generously provided by department at a traditional local food restaurant which was indeed delicious.

Lastly, students left beautiful and breathtaking sceneries with a heavy heart at 6pm and reached Lahore after a short stay at Bhera, rest area for Dinner. The one day tour ended with colorful memories and cherishable experiences.

Annual Sports Day 2018

Institute of Applied Psychology, Punjab University held its annual sports day on April 17th, 2018 under leadership of Prof. Dr. Farah Malik, Director of IAP. Ms. Andleeb Sandhu, pioneer and president of Pakistan Women Karate Association, General Secretary of Pakistan Karate Federation, and Prof. Dr. Muhammad Naeem Khan, Dean of Faculty of Life Sciences, graced the occasion with their presence. Both honorable guests filled the air with full encouragement, determination and complete zeal, and inaugurated the event along with our worthy Director and faculty members. The event was organized by Ms. Zaeema Farooq and her organizing committee of students which started with the welcome note by the Director, praising the efforts of the committees and further appreciating the vigor of participating students in extracurricular activities. Colorful stalls with variety of food items were also displayed. The opening ceremony of event included aerobic skills and Karate demonstration with self-defense skills by our students. Different races, badminton, Ludo, Carom, football and cricket matches were held between students' teams from different programs. Students cheered the grounds; and erupted with Chanting roars for supporting their teams. In the closing ceremony, Prof. Dr. Farah Malik distributed prizes to the winners and appreciated the successful event. She also acknowledged the faculty members, non-teaching staff and the umpires from the sports department.

Cultural day

Students celebrated cultural day initiated by Ms. Beenish Najam as an aid to the Cross-cultural Psychology course. The students of BS semester IV, Institute of Applied

Psychology, Punjab University, Lahore, arranged the event on May 8th, 2018. They showed active participation in the event showcasing their potentials and depicted their cultures in fascinating way. The event formally started with Tilawat, followed by colorful cultural performances, games and activities. and finally ended with Prof. Dr. Farah Malik, Director, Institute of Applied Psychology, Lahore. Her address highlighted the importance of celebrating the true roots of culture and motivating students for future participation. The event was perfect practical approach to their academia that enhanced their capacities and made them aware about know their capabilities

Condolence Reference for Legendary Psychologist Prof. Dr. Bilal Aslam Sufi

Institute of Applied Psychology, Punjab University, Lahore, organized a Condolence Reference on May 4th, 2018 to acknowledge the endless contributions of Dr. Bilal Aslam Sufi in the field of Psychology. The reference started with the name of ALLAH. Arfana kalam was also presented followed by Fateha Khwani and Dua. Prof. Dr. Farah Malik, Director, Institute of Applied Psychology formally commenced the reference by highlighting the overall history and tremendous services of Dr. Bilal Sufi for Psychology. A documentary was also shown for commending the services of Dr. Sufi reliving the memories. The condolence reference was presided over by Prof. Dr. Rafia Hassan. Honorable dignitaries including Prof. Dr. Naseem Shaukat, Prof. Dr. Najma Najam, Prof. Dr. Ruhi Khalid, Mr. Riaz Fatyana, Prof Dr. Rukhsana Kausar, Prof. Dr. Gulzar Ahmed, Mr. Max Babri, Ms. Rehana Nazir, Mr. Mian Aftab Ahmed, Dr. Sara Shahid, Dr. Rafia Rafique, Ms. Shazia Qayyum, Mr. Hamza Bilal, Ms. Wajiha Bilal shared their views and acknowledged the outstanding services of Dr. Sufi. Eminent psychologists from all over Pakistan were also present there The condolence reference ended with a gratitude address by Prof. Dr. Farah Malik followed by refreshments.



HIGHLIGHTS OF RESEARCH ACTIVITIES BY FACULTY OF IAP



The Latest achievements of faculty members like conferences, seminars and lectures are given below:

Prof. Dr. Farah Malik, Director, Institute of Applied Psychology University of the Punjab delivered a Keynote address on "Child abuse and Sexual abuse in Pakistani society; Misconceptions and community, in Mental Health Week 2018 at Lahore College for Women University. She also delivered a Keynote address on "Role of Media and Mental Health" at 1st National Symposium organized by School of Creative Arts, University of Lahore. Her four Research Papers are published in 2018 in reputed International Journals. She also Chaired a Panel Discussion in National Conference at LGU, Lahore. She was a key participant in Panel Discussion at International Conference at LCWU and was also Session Chair at LCWU, Lahore. The team for Educationists exclusively interviewed Prof. Dr. Farah Malik as Director, IAP.

Director and Faculty of Institute of Applied Psychology, University of the Punjab congratulate Dr. Rafia Rafique, Associate Professor on receiving Best Research Paper Award 2015/2016 in social sciences by Higher Education Commission of Pakistan, at a ceremony held at HEC, Islamabad. Moreover, she has presented a Paper at 9th European Conference on Positive Psychology held in Budapest, Hungary. She has also presented 7 Papers in International and National Conferences held in Pakistan.

Dr. Iram Fatima, Assistant Professor, chaired a session in a National Conference.

Dr. Shazia Qayum, Assistant Professor attended a National Conference organized by NACTA in Islamabad.

Director and Faculty of Institute of Applied Psychology congratulates Dr. Fatima Kamran, Assistant Professor for completing her Post Doctorate Research Fellowship from the Royal Holloway University of London, United Kingdom.

Dr. Afsheen Masood, Assistant Professor conducted a workshop for PhD Students and Junior faculty members at a University in Lahore. She presented her research work in One International and Seven National Conferences in Pakistan.

Dr. Mujeeba Ashraf, Assistant Professor Presented a Paper in 3rd Asia International Conference at University Teknologi Malaysia, Kuala Lumpur

Ms. Afifa Anjum, Lecturer presented one Paper at 9th European Conference on Positive Psychology held in Budapest, Hungary.

Mr. Faiz Younas, Lecturer attended a National Conference in Lahore recently.

Ms. Shahnaila Tariq, Lecturer was Session Co-Chair and presented a paper in a National Conference. She also attended National conference by NACTA in Islamabad.

Ms. Zaeema Farooq, Lecturer presented two papers at a National Conference in Lahore.

PhDs Produced by The Faculty

Two PhD seminars were conducted in IAP, recently:

Vicar Soloman, PhD scholar under the supervision of Prof. Dr. Farah Malik delivered his PhD seminar on "Psychological Skills, Coaching, Competence, Sportsmanship and Performance Efficacy in Team Sports." Zainab Javed, PhD scholar, under the supervision of Dr. Rafia Rafique delivered a seminar on "Television Viewing and Well Being of Overweight Young Woman."

Sultan Shuja, PhD scholar completed his PhD under the supervision of Prof. Dr. Farah Malik.



STUDENT'S PARTICIPATION IN VARIOUS FORUMS

Students of Institute of Applied Psychology under the Directorship of Prof. Dr. Farah Malik won first position in Inter-University Performing Arts Competition held at Government College University, Lahore, during their Mental Health Week (22nd March, 2018). Students attended acting workshops and were trained by Sibte Hassan, founder, Makhotay Theatre and Zakariya Hashmi, actor at Makhotay Theatre to polish their skills in theatre and were commended for their performance on the theme of Religion and Culture in Psychology.

Institute of Applied Psychology, University of the Punjab secured 1st position in Inter University Quiz Competition held on 22nd February, 2018, Mental Health Day under the auspices of Beacon House National University, Lahore. Amna Shahid, Habiba Arif and Aimen Faruki represented IAP in the competition and were awarded by the Vice Chancellor of BNU Mr. Hafiz Nasir Kardar.

Students of Institute of Applied Psychology secured a special prize owing to the quality of their posters on 12th April, 2018, at Lahore College For Women University, (Mental Health Week, 2018) on the theme of Peace Psychology.

Mehak Azam from BS VI secured first position in interdepartmental Kalam-e-Iqbal singing competition held at Faisal Auditorium and was awarded with a certificate and cash prize

by Directorate of Student Affairs, University of the Punjab. She also secured first position in inter-departmental Naat competition held at Al-Raazi Hall on 16th February, 2017.

Students of Institute of Applied Psychology, were runner ups in poster competition held at University of Central Punjab, Lahore on 2nd January, 2018.

Ali Hassan Rizvi of BS IV is a writer, and a poet. He participated in an open mic event 'OLOBOLO' on 6th May 2017. Ali recited his poetry at the event and was much appreciated by the audience.

One of our gem's Nazar Abbas BS student represented University of the Punjab at All Pakistan Musical Conference and won gold medal on November 25, 2017. Ayesha Areej student of BS-5, IAP, PU represented University of the Punjab in all Pakistan Parliamentary Tournament held from 23rd to 26th March 2018.

Saira Amjad a student of BS semester 2 participated in All Pakistan Intervarsity Karate championship, conducted by UET Lahore and won one gold medal and two silver medals along with team trophy

Institute of Applied Psychology, University of the Punjab secured 1st position in Inter University Poster Competition held under the auspices of RIPHAH Institute, Lahore on 25th November, 2017.



VOLUNTEERISM AND COMMUNITY WORK



Institute of Applied Psychology inculcates in its students a sense of responsibility and sensitivity towards the current social issues and a spirit of volunteerism. Students of The Institute participate in community work as mandatory part of the coursework as well as on voluntary basis.

Awareness Campaign regarding Child Abuse and Sexual Abuse



This year, Awareness Campaign regarding Child Abuse and Neglect was organized by students under the supervision of Director, Prof. Dr. Farah Malik, Dr. Mujeeba Ashraf and Ms. Zaeema Farooq. The students prepared charts, flyers and lectures to provide training to teachers for communicating this information to children in a safe way. The training was provided in various Public Schools and Orphanages regarding behavioral, physical indicators of physical, emotional, sexual abuse and neglect, also highlighting prevention strategies and responsibilities of teachers in this manner.



Community Cleanliness and Personal Hygiene

The students have also visited various public schools and delivered awareness to the students regarding health and hygiene and personal grooming. Students also volunteer to be part of different student committees: Cleanliness, Security and Discipline. Their duty is to watch over and assist in respective responsibilities and report to the faculty members accordingly. A group of BS semester II (morning session) students organized a lecture on personal hygiene for students on 27th June, 2018 at IAP Hall.



A demonstration of Candidiasis was also presented in order to highlight the importance of personal hygiene. With the help of audio-visual aid, the students shared most common issues and taboos related to women's hygiene and how one can address them while briefing about how to maintain personal hygiene.

Self-Defense Training

A group of BS semester II morning session students organized a three day workshop on self-defense for female students from 26th-28th June, 2018 at IAP Hall. The workshop was divided into several sessions; including session on nutrition, warm-up exercises, strength training and self-defense techniques in case of any untoward situation.

Volunteerism on a Personal Level

On a personal level, students rendered voluntary services in different hospitals, calamity situations, raising awareness among masses on different psychological and social issues through preparing and circulating educational pamphlets, providing support to the families of children with special needs, conditions and diseases. In this regard, our faculty and students have also provided help by different means in various orphanages by self-initiated project called "Naiki ka Safar". We take pride in our students' versatility, who despite of attending demanding academic activities (under semester system), also extend help for managing institutional extracurricular activities and actively indulge in community welfare work.



Research in Limelight

Voters voting intentions: The Psychological Explanation

A series of research have been conducted by Ms. Tanzeela Bashir, Ms. Mehwish Yaseen and Ms. Asmah Gull under the supervision of Dr. Mujeeba Ashraf to understand those psychosocial factors which may influence voters and their voting decision. Result of one study based on sample of 250 literate men and women voters with mean age of 24 years drawn from different areas of Lahore suggested that most of them did not give any importance to gender of candidate, their caste and ethnic background; however, they showed intention to vote for those candidates who would show humanity, sound educational background, vision for country's development.

In another study they focused upon the transgenders who are also looking forward to vote by applying strategy of taking individual interviews from 10 transgenders in Lahore, most of them stated that they would like to cast vote to the candidate who would not only be wise and man of his words but also educated, honest, and mature politician. They also reported to stand for representative, regardless of gender, whose manifesto would clearly focus to provide job opportunities for the transgender as their community doesn't want begging and dancing as profession anymore, and who works for tran's friendly society. Additionally, most of them repeatedly stated that during election day, all genders should be treated equally so that they can cast their vote with respect and dignity.

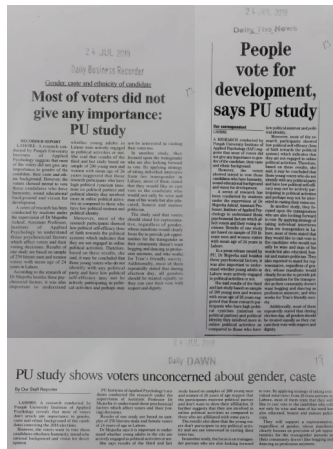
Beside these psychosocial factors, it is also important to understand whether young adults in Lahore are actively engaged in political activities or not. Results of the third and last study based on sample of 200 young men and women with mean age of 26 years suggest that.

Those research participants who have high political cynicism and political identity they involve more in online political activities as compared to those who have low political cynicism and political identity.

Community Work Project

The aim of community work for last year students of B.S and MSC was to find out differences in scores of primary school teachers and orphanage teachers before and after giving awareness on child abuse and neglect. A within subjects design was used in the present study.

Sample comprised of 173 primary school teachers and teachers working in orphanages. Self-constructed child abuse and neglect survey was used in the study, which measured variables like inclination towards reporting child abuse, information regarding child abuse and neglect, perception about child abuse and neglect, perception regarding extent of knowledge on child abuse and neglect, interest in getting education regarding child abuse and neglect, field of interest in child abuse and neglect, and interdisciplinary education on child abuse and neglect. Results indicated that there were significant differences in the scores of inclination towards reporting child abuse, information regarding child abuse and neglect, perception regarding extent of knowledge on child abuse and neglect, on perception about likelihood of children to get sexually abused, perception about fault of child sexual abuse, on perception about believing children who report being sexually abused, on field of interest in child abuse and neglect, and on field considering more important in interdisciplinary education on child abuse and neglect; before and after giving awareness lecture. The findings provide support for the awareness program, which increased the knowledge of primary school teachers and teachers working in orphanages.



Upcoming International Conference

Institute of Applied Psychology is pleased to announce **International Conference on Applied Psychology: Practices and Interventions (ICAP-2019)** on February 6-8, 2019. There will be 2 pre-conference and 10 post-conference workshops organized by IAP.

IAP has welcomed abstracts for papers, e-posters,

or symposia on broad areas – Interpersonal Acceptance Rejection, Social Psychology, Forensic Psychology, Political Psychology, Positive Psychology and Health Psychology.

Registration is Open Prospective Interested students may visit www.pu.edu.pk/icap2019 and Email at icap2019@pu.edu.pk or icap2019.registration@pu.edu.pk



INTERNATIONAL CONFERENCE OF APPLIED PSYCHOLOGY PRACTICES & INTERVENTIONS

ICAP Feb 06-08, 2019 LAHORE

Institute of Applied Psychology is Announcing Appliedians Psychological Society for Students.

Literary Corner

Fickle as a Meteor (Waqas Hassan PhD Scholar)

I am fickle as a meteor,
Living an eye-blink or a little more,
Though I die too soon
But am charming then a full moon
Very few catch my sight
The curious ones pondering the night
Not in reach of low land
Born in the skies and die in their hand
I am mystery, I am ravishing
I am rare, I am cherishing
The allure of my being
Lies in too short my life
And a moment of seeing
Fickle as a meteor,
Not living anymore!!

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Cold Water (Zobia Tahir BS-III)

I was sitting near the lakeside. I wanted to get up but I was too tired. I was looking at myself in the water. My reflection was nothing but a beautiful wreck. I saw the smiles, frowns, tears and the stares in the reflection. I felt the love, hate, the pain, the numbness, the anger, the fights for hopeless gain in the reflection. I saw our friendships and relationships sinking deep into the water. The deaths I have seen, the births, more deaths still waiting for the destined rebirth were like the waves of water. I was completely occupied with my thoughts. All of a sudden, the water started to ripple blurring my thoughts. I needed divine help but I did not have the voice to yelp. Small whispers, dead silhouettes of cold shouts it is all that left. I thought to myself I must stand up and build myself again because I don't want to look at a reflection of disappointments, pain and unaccomplished dreams when I am 70!!