The 5th NIP Alumni Dinner was held at November 27, 2015 at the auditorium of Geophysics Department of Quaid-i-Azam University. The third Executive Board of Alumni Association organized the event that entailed biggest attendance ever. Around 230 guests marked their presence and declared it as one of the best alumni dinner held so far. Very interestingly, first time ever, 95% of the registration was already received before the date of dinner. That reflected the interest of alumni and current students in the event and a strong desire to re-vitalize memories of NIP.

The organization of the dinner including the stage decor, ambiance outside the auditorium, the entertainment program, and the food, was just incredible. It really provided the alumni, current students, and the faculty an opportunity to rejoice the achievements of the previous year and a wonderful platform of interaction.

This was the first mega event after the sad demise of Prof. Dr. Muhammad Pervez in October, a prolific alumni and Ex-Director of NIP, therefore, a condolence book was set up at the entrance of the auditorium. Many wrote their thoughts, praises, and memories of Dr. Pervez and strongly acknowledged that his death is a huge loss for NIP. Everybody missed him on the occasion.

The evening started at 4:30 p.m with Talawat-e-Quran. Following a Baba Ji (Ms. Saira Firdous, an alumnus) who went on about how simple times used to be in past when people just gathered over a cup of tea and now trends have changed where such events are organized to give opportunity to meet each other. Dr. Syed Sajjad Hussein (Vice-President) and Ms. Arooj Mujeeb (Member Executive Board) hosted the initial part of the evening.
Mr. Nabeel (alumnus and student of M.Phil III) read a beautiful poem written by him to mark the significance of occasion, followed a slideshow tribute for Prof. Dr. Muhammad Pervaiz. Everyone got overwhelmed and missed him as an important asset of the NIP family. Ms. Sadaf Rehman (student of M.Sc. III) introduced a newly established NIP Literature and Art Club (NIPLAC), a platform for the students to bring together literature and art enthusiasts. Ms. Mehr-un-Nisa (student of M.Sc. III) beautifully sung a parody song to add humour to the ongoing seriousness in the air.

Students of M.Phil III performed a mime very professionally on the life of a transgender that brought in tears in everyone’s eyes. This broke the ice in the berg and then there were range of skits that devoured in laughter and everything else seemed to be forgotten. A skit on research process based on student-supervisor interaction was humorously enacted by recently graduated M.Sc. students. Students from M.Sc. III humorously presented marketing class. Qawal “about the "tragedies" encountered by NIP students was presented hilariously by another group of M.Sc. I students. A skit on effects of substance use was performed by students of MSc I, II, and III demonstrating causes and consequences of addiction for youth. Baba Ji kept giving appearances in between skits. Finally, Ms. Mehereng sung a beautiful song and concluded this segment of entertainment by students. To start with next segment of entertainment,

A ramp walk of disorders performed by M.Sc. II mesmerized the audience. NIP News was shared by another group of M.Sc. II students, followed by Ms. Rukhsana Kausar, Dr. Salma Siddique, Dr. Anila Kamal, & Dr. Tahir kalilly expressing their valuable views on the topic. Dr. Farah Malik moderated the panel discussion. Students from different recognized institutes like, IIUI, Bahria University, COMSATS, F-7/2 College, attended the event. Discussion forum highlighted the role of psychologists during crises and disasters. How they can help people to develop a recovery plan for themselves and their families. How they may work with children to help them cope with what’s going on. Lastly, how psychologists can provide the necessary information for seeking long-term psychological assistance after the crises is over.

Zehra delivered a speech on the achievements of the Alumni Association for the past year and shared the upcoming agenda for 2016. She appreciated and thanked all the participating students, members of the organizing committees, the Executive Board members, and NIP administration for their hard work in making the event rock. She also thanked Head of the Geophysics Department to avail the opportunity in organizing the dinner in their auditorium. Finally, photo session was held with all the participants of the event with Prof. Dr. Anila Kamal (Patron-in-Chief of the Association), Director NIP and the Executive Board.

Afterwards, the evening progressed with a sumptuous dinner at 8.00 p.m. Ambiance was very royal, comfortable, and cozy in icy cold winter. Everyone enjoyed food that was appetizingly wonderful and lavish. At the end of the night, a sky lantern was lit and set forth with good wishes and prayers for upcoming days. It was a magnificent and a pleasant sight of the light drifting away into the night sky reminding that “It was a great evening”. Those who could not join us were really missed. Hope to see you next year, same days, same event, same platform.

Reported by: Sadaf Rehman (M.Sc. III)
Edited by: Dr. Humaira Jami

ROLE OF PSYCHOLOGISTS IN CRISES INTERVENTION

A panel discussion entitled, Role of Psychologists in Crises Situations was arranged on 27th November in the auditorium of Earth Science Department. This panel discussion was a joint effort of National Institute of Psychology, QAU and Pakistan Psychological Association (PPA). Many notable psychologists participated in the event. Dr. Jahanzeb Khan, Dr. Rubkhuana Kausar, Dr. Salma Siddique, Dr. Anila Kamal, & Dr. Tahir kalilly expressed their valuable views on the topic. Dr. Farah Malik moderated the panel discussion. Students from different recognized institutes like, IIUI, Bahria University, COMSATS, F-7/2 College, attended the event. Discussion forum highlighted the role of psychologists during crises and disasters. How they can help people to develop a recovery plan for themselves and their families. How they may work with children to help them cope with what’s going on. Lastly, how psychologists can provide the necessary information for seeking long-term psychological assistance after the crises is over.
A five day workshop on Soft Skills Training (12-16 October, 2015) was organized by National Institute of Psychology in collaboration with Pakistan Air Force Headquarters (AHQ). The current event has been conducted with the second group of Air Force Officers as part of series of workshops that are scheduled as a joint venture of NIP with AHQ. Previously NIP has conducted the same training workshop with two separate groups of PAF officers; the first one was held in March and the second in June, 2015. At the end of the workshop, participants expressed their great admiration and appreciation for experiential learning and collaborative sharing of information.

The backdrop of the workshop was based on the idea that socio-political scenarios presently prevailing in Pakistan have induced major transformations in the dynamics of armed forces work settings. Conclusively, our workplaces have evolved into interpersonal dynamic entities; therefore, knowing how to get along with people, displaying positive attitudes, communication skills, expressing personal strengths, and similar other whole host of personal attributes are the soft skills that are crucial for career success. The acts of listening, presenting ideas, resolving conflict, and fostering an open and honest work environment all matters in knowing how to build and maintain relationships with people. The work environment disparity between the military and the private sector is usually perceived as incredibly different. However, shared societal, cultural, and political circumstances has converged more common grounds of harmony and synchronization between civilian and armed forces regions. Therefore, such circumstances provide basis for the preparedness of acquiring multidimensional skills and broadening the horizon of our workplace behaviors and interactions.

The present workshop on Soft Skills Training is therefore designed keeping in view the ever changing work demands and multiplicity of the problems that we encounter as a collective nation. The broader objectives of this activity were to develop insight into personal strengths, potentials, self-awareness and proficiency in building healthier workplace attitudes and collaborative skills. It was also intended to develop amplified vision of personal, national, and global perspectives in relation to present socio-political scenarios.

Duration of the workshop was five days (12-16 October, 2015) and constituted overall fifteen session with three sessions held each day. Prof. Dr. Anila Kamal, Director National Institute of Psychology, shared in her welcome note that National Institute of Psychology (NIP) renders its services as a national organization in the educational sector for more than 35 years. The main focus of the institute has been to conduct advanced research on psychosocial issues and to organize national and international seminars, workshops and conferences designed to update psychologists on the latest developments in the field both in Pakistan and abroad. The institute is actively investing and contributing both in teaching and research pursuits. She further added that NIP has extensive tradition of conducting professional training courses and in collaboration with other organizations as well. Workshops are arranged in specific areas to impart training and capacity building of the professionals, educators, public and private sector employees, psychologists, and teachers. Workshops are also held in collaboration with different organizations. In lieu with the prevailing traditions of National Institute of Psychology, the under mentioned workshop on the Soft Skills Training is designed to equip the tailored needs of the Air Force Officers and workforce. Prof. Dr. Anila Kamal, in her opening address emphasized the need of developing linkages and designing customized courses and training workshops for various groups of Pakistan Air Force. She highlighted the efforts of National Institute of Psychology for enhancing the horizon of relevance and function of psychology and coming up with pragmatic approach in the milieu of collective settings of Pakistan.

The broader topics covered in the five day event included Ethnic and Cultural Diversity at Workplace, Organizational Commitment and Obligations, Organizational Socialization, Tolerant Perspective of Leadership, Enhancing Work-Life Balance, Self-Compassion, Maximizing Personal Strengths and Expressing Gratitude, Developing Interpersonal Skills, Perceptions and Beliefs: Influencing and Being Influenced, Enhancing Emotional Intelligence, Social Skills for Managing Intolerance and Extreme Behaviors, Stress Management, Anger Management, and Influence of Media on Society.

Resource persons of the workshop had extensive academic and research experience and were very dynamic in their approach. They encompass diverse issues with multiple perspectives and opted bilateral experiential learning. Worthy resource persons of the workshop were both faculty of NIP and experts of the field including Prof. Dr. Anila Kamal, Dr. Tanvir Akhtar, Prof. Dr. Anis-ul-Haq, Commandant Sohal Habib Tajik, Dr. Jamil A. Malik, Dr. Rubina Hanif, Dr. Humaira Jamil, Dr. Rabia Muqtaid, Dr. Sobia Masood, Dr. Shaista Waqar, Irum Naqvi, Naeem Aslam, Saira Khan, and Aisha Zubair.

Participants of the workshop liberally participated with their rigorous input through interactive dialogues and discussions. They were rich source of sharing their personal experiences and knowledge. Participants expressed their utmost appreciation and positive reception for the activities of the workshop and also shared their concern for the extended duration of such activities.

In the concluding session, Prof. Dr. Anila Kamal, while expressing her views she emphasize the efforts of National Institute of Psychology for its outreach services and initiative taking for widening the scope of real time application of psychology in the perspective of genuine and core issues of Pakistan. She also highlighted the need of spectrum of such activities among other occupations and career oriented capacity building. Wing Commander Raja M. Ajmal conveyed vote of thanks on behalf of the participants. He greatly appreciated the initiative taken by NIP in introducing the need for diverse and pragmatic approach in enhancing personal and professional skills of Air Force Officers. He further added that orienting the PAF officers about elevating their individual skills would also facilitate them in delivering their professional responsibilities with excellence and brilliance. In the end, Prof. Dr. Anila Kamal, Director, NIP awarded certificates among the participants, resource persons, and members of the organizing committee.

Reported by: Aisha Zubair
Workshop Organizer
The text mentions several topics and articles, including:

- Old age and mental health
- Religious practices and mental health
- Personality traits and mental health
- Coping strategies and mental health
- Suicide prevention and mental health
- Cognitive psychology and mental health
- Trauma and mental health
- Social media and mental health
- Parenting and mental health
- Relationships and mental health
- Education and mental health

In addition, there are profiles and tributes to various individuals, including:

- A legend remembered: Prof. Dr. Muhammad Pervez (1945-2015)
- Ph.D Scholar honored to be the resource person in workshops conducted by higher education commission
- Old-age homes and mental health
- Autism spectrum and mental health
- Prosocial behavior and mental health
- Resilience and mental health

The text also includes a report on a workshop organized by the National Institute of Psychology (NIP), featuring discussions on various psychological topics and the contribution of a Ph.D scholar named Naeem Aslam.
and relax mood, he was busy analyzing Iqbal's
critic as well. Once I went to his house, as it was
out of him. I always found him wonderful person
with Dr. Pervez, but every time I found myself short
with exceptional reflective abilities. He was a person
who always thinks differently; challenge the existing
traditions and value logic and rationality. A very
polite teacher, having exceptional command over his
subject matter and it was always a treat to listen him.
I always wished to discuss some topic of interest
with Dr. Pervaiz, but every time I found myself short
of knowledge and logic before him. So I learned
to ask questions from him and keep quiet to get best
out of him. I always found him wonderful person
as he was a great thinker, a philosopher and a great
critic at the same time. His house, as it was
always best to interact with him in a comfortable
and relax mood, he was busy analyzing Iqbal's
poetry. Once he took me to the room down stair
and I was shocked to see the complete workshop
there with every kind of tools and equipments
available. Once he was talking to some contractor
in his house regarding some maintenance, alteration
and paint work. He had such a detailed knowledge
of all these things which really surprised me. In
fact he knew everything with minute details and in
deep knowledge. He was a very straight forward
person. He did appreciate whatever he liked and
if didn’t like then conveyed very politely in a very
clear manner. His literary person, always
embody creative and appreciating students for
such participations. A dedicated professional,
remained always busy in some job but didn’t
value much worldly achievements. He might not
appreciate the position holders (although providing
them many scholarships) but was a psychologist of some value with deep conceptual
understanding. He himself was a practical person so appreciated practical approach. He encouraged his
students to ask questions and even challenge their
teachers. An inspiring, committed, hardworking and
dedicated person, he was a true mentor in all aspects.
He considered Dr. Ajmal as his mentor and really
appreciated his work. He was an intellectualisan
typical psychologist of great calibre but somehow Dr. Pervaiz
stands out like a colossus among the community."

A major goal of the collaborative project between
Shaheed Shaeed Benazir Bhutto Women
University (SBBWU) and Southern Methodist
University (SMU) was skills development of
faculty members and scholars of SBBWU. For
the purpose, the project directors Prof’ Dr. George
Holden (HOD Psychology at SMU) and Prof.
Dr. Farhana Jahangir (VC, SBBWU) requested
services of Dr. Jamil A. Malik (Assistant Professor-
TS) from National Institute of Psychology,
Quaid-i-Azam University, Islamabad. Following
the NIP traditions to promote research, Prof.
Dr. Anila Kamal (Director NIP) welcomed
the collaboration and allowed Dr. Jamil Malik
to actively participate in the faculty development
program of SBBWU. Dr. Jamil Malik proposed a
workshop based comprehensive training
program divided in four levels constituting
various hands on research skills. The program
was designed to enhance research skills of faculty and
students of SBBWU within its own
locality in a period of 2 years 2014-15.
Level-1 of the program constituted three
workshops. A three days first workshop was
organized from 3rd Jan to 02nd Feb, 2014. The
topics covered in the first workshop included,
basic concepts of research and statistics.
Additionally, participants were given a detailed
orientation to SPSS. Participants learned data
entering, data cleaning, coding, computation,
manipulation, and handling missing data. The
training constituted supervised exercise
to enhance practical skills of participants.
The second three days workshop was organized from
22nd March to 24th March, 2014. In the second
workshop training program included assumption
testing for parametric testing, graphical
presentation of data using various types of
graphs, and testing inferences for experimental
studies. Participants learned conceptual and
practical knowledge of hypothesis testing using
various statistical techniques including t-test
and ANOVA. The concluding session of the
Level-1 constituted a 2 days workshop 4th - 5th
April, 2014. The workshop mainly addressed
conventional parametric and non-parametric
statistics and data analysis. Topics covered included
logistic regression, exploratory factor analysis,
analysis of covariance (ANCOVA), Factorial
ANOVA, and Chi Square. The workshop was designed to enhance research skills of faculty
and students of SBBWU within its own
locality in a period of 2 years 2014-15.
Level-2 of the program constituted Five days
intensive workshop from 16th Feb, to 20th Feb,
2015. The workshop was designed to enhance the
skills and knowledge of participants in research,
statistics and data analysis. Topics covered in
this workshop included various approaches to
mediation and moderation analyses. Practical
skills included testing mediation and moderation
using regression analysis, and process macro.
Participants learned various concepts of
mediation and moderation. The workshop
was extended with incorporation of recent
advancement in mediation and moderation
analyses. Focus was to make the participants
enable to generate various types of conditional
hypotheses, their testing, reporting of results
particularly in APA 6th Style and interpretation
of various statistics. Participants also learned
parallel and serial mediation analyses as well
mediated mediation and moderated mediation.
Level-3 of the training program constituted
another Five days workshop from 5th Oct to
9th Oct, 2015. The workshop was constituted
unconventional parametric and non-parametric
statistics and analysis. Topics covered included
logistic regression, exploratory factor analysis,
analysis of covariance (ANCOVA), Factorial
ANOVA, and Chi Square. The workshop was designed to enhance research skills of faculty
and students of SBBWU within its own
locality in a period of 2 years 2014-15.
Level-4 of the training program constituted
another Five days workshop from 5th Oct to
9th Oct, 2015. The workshop was constituted
unconventional parametric and non-parametric
statistics and analysis. Topics covered included
logistic regression, exploratory factor analysis,
analysis of covariance (ANCOVA), Factorial
ANOVA, and Chi Square. The workshop was designed to enhance research skills of faculty
and students of SBBWU within its own
locality in a period of 2 years 2014-15.
of results for all these statistical techniques. The Level-4 of the training program also constituted a Five days training workshop staring 16th - 20th Nov, 2015. This workshop was designed to enhance skills level of the faculty and scholar to the expert level. The workshop was solely devoted to structural equation modeling using AMOS. Participants learned various concepts of SEM analysis including model testing, confirmatory factor analysis, various types of path models, multi-group analysis, multi-model testing, and latent variable analysis. The workshop was designed to deliver a non-mathematical yet conceptual knowledge of SEM. The participants learned various uses of results for all these statistical techniques. The Level-4 of the training program also constituted a Five days training workshop staring 16th - 20th Nov, 2015. This workshop was designed to enhance skills level of the faculty and scholar to the expert level. The workshop was solely devoted to structural equation modeling using AMOS. Participants learned various concepts of SEM analysis including model testing, confirmatory factor analysis, various types of path models, multi-group analysis, multi-model testing, and latent variable analysis. The workshop was designed to deliver a non-mathematical yet conceptual knowledge of SEM. The participants learned various uses and application of SEM. The objective of the workshop was to enable the participants to design and test their own research model using their own data. The closing ceremony of the training program was conducted on the completion of fourth level at VC office SBBWU. The Vice Chancellor Prof. Dr. Razia Sultana distributed certificates to the participants and thanked the resource person and the National Institute of Psychology for their cooperation. This program made a significant contribution toward professional growth of the faculty and scholars of SBBWU.

Reported by: Jamil A. Malik

NIP STUDENTS AND FACULTY PARTICIPATION IN THE INTERNATIONAL CONFERENCE OF PSYCHOLOGY (ICP2015) “ADVANCING WOMEN ISSUES: LOCAL AND GLOBAL DIRECTIONS”

The Department of Psychology, Shaheed Benazir Bhutto Women University organized the International Conference of Psychology (ICP2015) “Advancing women issues: local and Global Directions” in collaboration with Southern Methodist University, USA. Almost 20 research papers were presented by the students and faculty members from National Institute of Psychology including, Anger expressions and coping strategies among patients with cardiac illnesses; Mental Health of adolescents: Addressing differential role of parents and adolescents prejudice towards opposite gender; Psychological capital, work related flow, and creative work behavior among employees of software houses; Moderating role of gender; Effects of shame and guilt in development of psychological distress among adolescents; Role of dynamis and perceived social support in self disclosure among university students; Antecedents and consequences of Face book: Moderating role of sleep duration; Experiencing career success in telecom and banking sector: does gender matter?; Posttraumatic growth and perceived social support among women who experienced miscarriage; Role of demographic and associated behaviors on body image dissatisfaction and disordered eating behaviors in mothers during lactation period; Effect of body image and narcissism on psychological distress among dermatology patients; moderating role of social support; Perceived parental rearing behaviors, anxiety, and intolerance of uncertainty among university students; Emotional and Behavioral Problems among Children and Adolescents with Learning Disability, Parental Stress, and Coping Strategies; Body Image and social network interaction: Mediation by social interaction anxiety; Do gender differences exist on the construct of meaning in life in Pakistan?; How do people respond to stress: Evidence from a qualitative study; Comparing posttraumatic stress and posttraumatic growth among flood affected men and women: understanding the patterns in an integrative psychosocial framework; Relationship between religious orientation and optimism among Muslims and Christian adults in Pakistan; Moderating role of resilience in relationship between parent-adolescent conflict and psychological distress among adolescents; Work-family enrichment: Exploring personal and organizational correlates; Moderating role of cognitive errors in relationship of anxiety and depression among adolescents. All these papers were highly appreciated by the panelists. At the end, in the poster competition, First prize for poster presentation was awarded to the research titled "Exploration of Eating Attitude Phenomenon among Adolescents’ Girls and Boys in Pakistani Context" by Irum Naqvi and Anila Kamal.

A Ph.D public defense of Mr. Salman Haider was held on Tuesday 6th October, 2015 at NIP seminar hall. The title of his research was “Interplay of National, Religious, and Regional Identities: A Study of College and Madrasah Students in Baltistan”. This research was supervised by Prof. Dr. Aarif Ajmal. The external examiners were Prof. Dr. Mah Nazir Riaz and Prof. Dr. Seema Perez.

The 2nd Ph.D public defense was of Mr. Adnan Adil that was held on Tuesday 24th November, 2015. The title of his research was “Impact of Psychological Capital on Work Attitudes, Intentions, and Behaviors among University Teachers”. This research was supervised by Professor Dr. Anila Kamal, and the external examiners were Prof. Dr. Seema Perez and Dr. Tanvir Akhtar. Both the defense were attended by large number of audience including students, faculty, and guests.

Reported by: Irum Naqvi

JAMILA SULTANA FOUNDATION HELD ONE DAY BLOOD DONATION CAMP AT NIP

Jamila Sultana Foundation (JSF) is one of the renowned NGO in Pakistan and working for the treatment and prevention of Thalassemia– a dreadful genetic blood disorder which requires lifelong treatment. The Foundation is affiliated with the Thalassemia International Federation (TIF). For the purpose of blood donation, the foundation organizes regular camps at educational institutions and other organizations. On 9th December, Jamila Sultana Foundation held One Day Blood Donation Camp at NIP. They gave a seminar to the students and after that NIP students donate the blood. At the end, JSF distributed the certificates of blood donation among the students.

Reported by: Mr. Imran Bukhari

Ph.D. PUBLIC DEFENCE OF MR. SALMAN HAIDER AND MR. ADNAN ADIL

National Institute of Psychology Newsletter October-December, 2015

Student’s Corner

National Institute of Psychology Newsletter October-December, 2015
Higher Education Commission (HEC) has organized symposium and showcasing of research projects awarded under the Thematic Research Grant Programme (TRGP). Researchers all over the country presented their project findings. From NIP Prof. Dr. Anila Kamal and Dr. Rabia Muqtadir presented the findings of their projects. Dr. Rabia Muqtadir presented the project titled “Antecedents and Consequences of Work-Family Conflict: A challenge for Pakistani Organizations” Prof. Dr. Anila Kamal, who was the Principal Investigator of the project “Post Traumatic Growth among Youth Exposed to a Natural Disaster: Identifying Mediating and Moderating Factors between Traumatic Event and Posttraumatic Growth” presented the findings before the audience. At the end, all the presenters thanked HEC for their contribution in the promotion of social sciences in Pakistan.

Reported by: Naeem Aslam

NIP faculty and students participated in a one day workshop on Structured Clinical Interview for DSM-5 Disorders (SCID-V-CV) that was held on 11 December, 2015 at Margalla Hall, Marriott, Islamabad. This workshop was organized by the Department of Psychology, Shaheed Benazir Bhutto Women University in collaboration with Southern Methodist University, USA. The resource person of this activity was the Dr. George Holden, Professor, Southern Methodist University, USA. More than 25 Psychologists and other mental health professionals from various organizations attended this workshop.

Reported by: Dr. Jamil A. Malik

A certificate awarding ceremony was held on 3rd Dec 2015 to acknowledge the creativity and efforts of old and current students who participated in program and organizing committees for Annual Dinner organized by NIP Alumni Association. Dr. Anila Kamal (Director; Patron-in-Chief) thanked all the students and also sought their feedback. Ms. Fatima Zehra (President) also showed up to express her gratitude. A display of the photo coverage of Annual Dinner was also put on show to revitalize the memories of the event. Students were much enthralled and felt encouraged for their hard work. Certificates were distributed and then a photo session of participants was held with the executive board members. Ceremony was concluded over a cup of tea for the participants.

Reported by: Dr. Humaira Jami