NIP-Alumni Association
General Body Meeting and Annual Gala Dinner 2012

During the last year (October 2011-2012), the NIP Alumni Association has made great contribution in its mission to enable alumni-to-alumni connections and foster a meaningful, lasting relationship between alumni, presently far from country, with each other and the institute. A large number of alumni, current students, and faculty NIP were approached to participate in the event.

The organizing team comprised of execution of event included Dr. Rubina Hanif (Program and Dinner Coordinator), Irum Naqvi, Saira Khan, Ms. Zainab Hassan (Registration Committee), and Mr. Mohsin Sajjad (Administrative Support). On the event day registration desk was looked after by Ms. Saira Khan (NIP), Mr. Imran Bukhari (NIP), with the support of M. Phil and M. Sc Students. Finally the event was arranged on Thursday evening, November 8th, 2012 at Earth Sciences Auditorium, Quaid-i-Azam University, Islamabad.

After recitation of Holy Quran, Prof. Dr. Anila Kamal (Director / Patron in Chief) welcomed the guests and highlighted the fact that Alumni association is based on a vision, to bridge and to promote the collective interests of the alumni community. National Institute of Psychology (NIP) was established in 1976 as an autonomous organization. It started its M.Phil and Ph.D. in psychology programs, in 1983 when the Institute was given status of Centre of Excellence in Psychology at Quaid-i-Azam University. At that time it was functioning in shared offices spaces in the Mathematics and Computer Sciences blocks of the main campus of University. It was shifted to the current building in 1997 and now the extended block has been functional.

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NIP-Alumni Dinner

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Moreover, she shared, NIP has produced more than 450 Masters, 250 M.Phils and 32 Ph.D students till now. NIP alumni are serving in various national and international organizations. Our alumni have earned good names by securing various prestigious scholarships like Fulbright, DAAD, Commonwealth, AusAid and HEC fellowships etc.

With the background of all these achievements NIP Alumni association may proceed proudly towards the road to success. She invited them to come forward and contribute with their dynamic vision and efforts in the progress of AA-NIP. In the end she thanked the previous executive board members (2011-2012) for their pioneer contribution in establishing this association.

Presidential Address
Dr. Seema Pervez (President, AA-NIP) welcomed the guests on behalf of the executive committee, Alumni Association of NIP and expressed her pleasure and honor as first president of the Alumni Association.

Moreover, she shared with the audience, working and progress of the association during last year. The highlighted points included; The executive committee had six meetings during this year. Preparation of the Constitution of the Association remained major focus in these meetings. Designing of the letter head and other forms etc. for the official use of the association and Finalization of official logo design. Few social get-togethers were also arranged for facilitating social interaction among alumni. The Association welcomed Year 2012, by arranging a high tea with the objective of sharing their personal resolution for the New Year as a psychologist. A picnic party was also arranged to keep alive their childhood pleasures and joys.

Entertainment Program
The program was based on multiple activities i.e., Performances and skits by NIP students, sharing of view points by alumni, mime with central theme of eternity, and a music program.

Logo Competition
Ms. Irum Naqi (General Secretary) briefed the details about AA-NIP official logo competition, as the competition call was given on October 2nd, 2012 and all present students and alumni were invited to participate in the competition of designing logo for AA-NIP. The last date for sending the entries was October 19th, 2012. Till the last date 17 entries were received from the alumni and current students. To finalize the logo, the executive board was called on November 2nd, 2012. The jury highly rated the logo of Ms. Seemab Rashid (M.Phil, Third semester) after going through some modifications by professionals as suggested by executive board members. The official logo was launched and shared with the audience. The competition winner was awarded a shield and a
certificate while, rest of the participants were appreciated by certificates of participation in competition.

Executive Board Election (2012-2014)
At the occasion, the elections of the next executive Board (2012-2014) were conducted. The election process was completed with the help of Dr. Jamil A. Malik (coordinator, AA-NIP) and Ms. Humaira Jami (NIP), on the basis of proposed structure of the association and the nominations received from alumni for the executive board. Audience were invited to share their concerns over nominations (if any) for the electoral purpose over the positions of President, Vice-President, and Executive Board Members. Fresh nominations were also invited. With the consensus of the audience through votes following electoral positions were finalized:

The finalized executive board members for the next two years (2012-2014) are:
Patron in Chief: --- Prof. Dr. Anila Kamal
President: -------- Prof. Dr. Seema Pervaz
Vice-President: ---- Dr. Tanvir Akhtar
Coordinator: ----- Ms. Shiasta Waqar
Secretary: -------- Ms. Irum Naqvi
Members:-------- Ms. Nelofer Kiran Rauf,
Mr. Naeem Aslam, Mr. S. Imran Bukhari, Mr. Yasir Masood Afaq, Ms. Qurat-ul-Ain Tahira, Mr.

Muhammad Aqeel and for Finance/Administrative Support, Mr. Mohsin Sajjad.

Distribution of Shields to Previous Executive Board (2011-2012) Members
Ms. Irum Naqvi (General Secretary, AA-NIP) on behalf of Patron-in-Chief of association thanked and showed gratitude to the executive board for 2011-2012, for their hard work during the last one year. Patron-in-Chief was invited to award them with shields as memorable and good will gesture.

After the program, a lavish dinner was served at the roof of the earth-sciences auditorium followed by the musical night. The dinner was attended by approximately 200 guests including Alumni, Faculty, Current students, and their families.
Dr. Tanvir Akhtar got his initial education from Lawrence College, Ghora Gali, Murree. After intermediate he graduated from Gordon College Rawalpindi. He passed his Masters from Applied Psychology Department University of The Punjab, Lahore. He joined Armed Forces as a Professional Psychologist in 1984. After joining his profession he kept on pursuing his academic pursuits and got admitted in National Institute of Psychology, Quaid-i-Azam University, Islamabad. From the same institute he was the first psychologist in the Armed Forces to complete his Doctorate in the field of Psychology.

Dr. Tanvir completed his PhD in 1998. Title of his dissertation was Comparative Psychological Profile of Political Organization and Military Leadership in Pakistan. Before that in 1992, he completed his M.Phil from NIP. The title of his M.Phil research was Assessment of Leadership Potential in Armed Forces. His area of interest in psychology is Leadership. He is an approved External Examiner of M.Sc, M.Phil and PhD of Quaid-i-Azam University, Islamabad, Fatima Jinnah Women University, Rawalpindi and Peshawar University, KPK. He has also written a book on the topic of Political, Organizational and Military Leadership in Pakistan.

He was the Founder Member of Kaukah Memorial Centre for Mentally Handicapped Children and worked as Executive Secretary and Therapist in the Centre for five years. He has been Field Researcher for World Health Organization (WHO) on handicapped persons and Research Coordinator/Field Researcher for various Industrial organizations. In 1983, he was selected as Lecturer by Punjab Public Services Commission and worked for 18 months in various colleges of Punjab. After that, he was selected as a Professional Psychologist in Pakistan Armed Forces.

He has served in Psychological Research Cell, GHQ for 11 years and was deputed for construction, validation, administration and evaluation of various psychological instruments used for selection and recruitment of candidates in Armed Forces. Apart from this basic job, his secondary assignments were based on looking after the administration and rendering technical guidance to agencies deputed for selection and recruitment. He has been delivering Lectures at various outfits of Army on various issues of Military Psychology.

He served in Pakistan Military Academy for 4 years in Cadet Advisory Cell and was tasked with guidance and rehabilitation of mal-adjusted cadets. He started a Department of Military Psychology and instructed cadets and officers (trainers) at Pakistan Military Academy. As senior psychologist in ISSB, apart from assessment of candidates applying in Armed Forces, he looked after the administration of the section and rendered technical advice on selection matters. Currently his main duties are to develop psychological instruments for selection of officers and men for Army and administrative control of all the psychologists serving in Armed Forces. He is selected as Vice President of NIP-Alumni Association.
Quaid-i-Azam University signed Memorandum of Understanding with Ball State University USA

The Quaid-i-Azam University has signed an International Memorandum of Understanding with Ball State University, Muncie, Indiana, USA. The collaboration will be in research, instruction, and faculty exchange between Ball State, QAU, Area Study Centre for Africa, North and South America. The memorandum was signed on behalf of President Ball State University by Mr. Peter Brennan, Minister-Counselor US Embassy, Islamabad and Prof. Dr. Masoom Yasinzai, Vice-Chancellor QAU. Dean Social Sciences, Dr. Eatzaz Ahmed and Acting Director Area Study Centre, Dr. Noman Sattar were also present at the occasion. The Vice-Chancellor thanked Ball State and US Embassy for their support and linkage program. Dr. Holland and Mr. Peter Brennan assured the Vice-Chancellor of their support for such linkages. The linkage over 5 years would lead to exchange of faculty and students and collaboration in joint projects. The linkage is a significant step taken by Quaid-i-Azam University in promoting higher education through external linkages.

by: Irfan Shakiel

NIP Faculty and Students participated in International Conference of Applied Psychology (ICAPP)

Department of Applied Psychology, University of Punjab, has organized the International Conference of Applied Psychology (ICAPP). The theme of the conference was the “Psychology and Challenges of the Modern World”. NIP faculty, Dr. Rubina Hanif and Mr. Naeem Aslam, along with a group of 18 MSc and MPhil students participated in this event. Mr. Naeem Aslam presented paper “Identifying Potential Antecedents of Post-traumatic Growth in Flood Affectees”. Zainab Hassan presented paper “Adaptation and Validation of Assessment of DSM-1V Personality Disorders (ADP-1V) Questionnaire”. Ms. Najda Rizwan presented the paper on “Journey of thousands miles start with first step: Translation, Adaptation and Validation of Conflict Behavior Questionnaire”. Tayyaba Safdar presented paper, titled “Adaptation and Validation of Autonomy-Connectedness Scale”. Adnan Adil, PhD student at NIP, presented paper “Impact of Display Rule Demands, Emotional Events at Work and Emotional Labor on Employees’ Job Satisfaction”. Prof. Dr. Anila Kamal, Dr. Jamil A. Malik and Prof. Dr. Anis-ul-Haq were the co-authors of these papers. All the papers were highly appreciated by the session chairs and conference participants. We congratulate the organizers of ICAPP for organizing this successful International Conference.

By: Editor Newsletter

Seminars at NIP

During the last quarter of 2012, four guest speakers gave seminars at NIP. Dr. Muhammad Perverz gave the seminar on the topic of Language & Thought. Mr. Sheraz Khan from HBL gave orientation seminar for students. Ms. Hala Sabri gave an interesting and thought provoking seminar on the topic of Thought, Art, Religion and State: The Influence of Math and Ms. Irum Abbasi talked about The Influence of Neuroticism on Stress Perception and its Resilient Negative Effect. All these seminars were attended by large number of students and faculty members of National Institute of Psychology.

Reported by: Saira Khan

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Students’ Corner

NIP Students Participation in ICAPP & Visit to Fountain House Lahore

Lively institutes provide opportunity to their students in all areas of academia. They offer a great deal of knowledge through different sources like organizing workshops, conferences, and study trips. Recently, the international Conference of Applied Psychology (ICAPP) was held in the City of Lahore.

National Institute of Psychology arranged a study tour of three days to attend this conference. All students were offered to participate in this event. Almost 18 students from M.Sc II & M.Phil III along with Sir Naeem Aslam and Dr. Rubina Hanif attended this conference. Students not only attended the conference but also visited historical places and markets of Lahore. The trip started on 16th of December. A coach was hired for this purpose. Students gathered at Aabpara and left for Lahore at sharp 9 am. On the first day Lahore fort, Badshahi mosque, Minar-e-Pakistan and Fortress stadium Lahore was visited. Madam Rubina Hanif, was all the time available, source of information for the students. The impression of students was that they were having an encyclopedia of Lahore with themselves in the form of Madam Rubina Hanif. Where ever the trip was going, she was disseminating the information regarding the geography of Lahore more fluently than the lecture of Social Psychology. Sir Naeem played the role of God father very affectionately.

The Quad’s in the city of Lahore were both surprised by looking the majestic buildings of Lahore and euphoric by seeing the fast running life of the Lahore. The students stayed at Girls Hostel Punjab University. By seeing the condition of Punjab University hostel compelled the non-boarders, to give a second thought to their longing, to live in the hostel and the myth of the charm of the hostel life was dispelled. The students were so absorbed in the window shopping at liberty market, hoteling in Bandu Khan, joining the playing activities in Joyland that they forgot for what purpose they came to Lahore.

Students were of the opinion that they would have missed a lot, had they not participated in the International Conference. It was really an unusual occasion for them to know the recent development in the subjects like Peace Psychology, Positive Psychology and Environmental Psychology. It broadens the horizon and vision of the students about the various avenues of the discipline. The conference also provided opportunity rather compelled that they required a lot of work to compete at international forum.

Students also visited the Fountain House. The event is described as “unforgettable event throughout the life” by all students. The experience of visiting Fountain House has no substitute. It really opened a window of another world which was altogether different in which the students were busy so far. All the euphoria was gone. A sense of real life prevailed the students and they were totally absorbed in knowing the reasons which brought the human being like them to the Fountain House as member. Everyone was so curious questioning the Sir Aslam, the Cognitive Behavioral Psychologist that one has to wait for his turn. The students were more interesting in knowing the rate of rehabilitation. A comprehensive briefing regarding each and every aspect of the House was given to the students as a whole. The individual case history of the members of the house was also shared with the students. Students were paying homage from the core of their heart to Sir Naeem as it all became possible because of his personal efforts. Students will remain ever thankful to Sir Naeem as many of them changed their goal of life which was not a small achievement for them. The students were so absorbed as if they have come across with the bitter realities of life for the first time in the life. Though the students left the Fountain House but spiritually they were still there. It was Madam Rubina who judged this and initiated to bring the students once again to the normal routine of the juvenility. She managed KFC hotshot for all the students. It was memorable journey where laughter and sobs were together. Students were indebted to Dr. Anila Kamal, Dr. Rubina Hanif, Sir Naeem Aslam and Sir Mohsin and the administration and Psychologists of Fountain House, Lahore. Written by: Anawra, MSc II

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Dr. Mubeen Akhtar Joined NIP as an Assistant Professor

Dr. Mubeen Akhtar is a new faculty member who joined NIP as Assistant Professor through Interim placement program of HEC for fresh Ph.D., degree holders. She started her career after completing her M.Phil from NIP in 2005 as a Lecturer (FPSC) in Islamabad Model College for Girls (ICG) F-6/2, Islamabad. She worked there for more than one year and mainly taught post-graduate classes. Later on she was awarded with a DAAD scholarship (German Academic Exchange Service) to pursue doctorate studies in Germany which she successfully completed from Georg Elias Mueller Institute of Psychology, Georg August University Goettingen Germany. Her Ph.D., dissertation is about “Acculturative Stress and its association with Academic Stress and Psychological Well-being of International Students”. Her study found that international students belonging to a home country in Asia and Africa have the highest level of acculturative stress in Germany. Host language proficiency is one of the protective factors against acculturative stress among international students. She received the grade “Magna cum laude” (excellent), both for her written thesis as well as for the disputation. During her stay in Germany she participated in a number of conferences and workshops. She was involved in the supervision of bachelor’s and master’s thesis. Her major areas of interest are clinical psychology, health psychology, and educational psychology. She is interested in teaching and research activities at NIP. In coming days she will conduct some workshops at NIP for M.Sc., M.Phil., and Ph.D., students concerning the soft skills training. Currently parallel to working on some Ph.D., research publications, she is also writing a research project concerning the re-adjustment/ reverse culture shock, distress symptoms and psychological well-being of fresh foreign degree holders which will be funded by HEC. Dr. Mubeen has a first class academic career throughout her studies, with “Roll of honors” in Masters and “Academic Performance Award” in M.Phil. Her hobbies include photography, listening music, and playing badminton. She is really interested in reading Urdu literature and poetry. “Labbaak” by Mumtaz Mufti and “Peer-e-Kamil” by Umera Ahmed are among her favorite books. Dr. Mubeen believes that NIP is a renowned and dignified institute to start her career after getting a foreign doctorate degree which will provide her a chance to grow professionally and personally. We warmly welcome her and wish her a successful career.

(A Brief Article)

If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well.

Martin Luther King, Jr.

Richard Bayer, in his book ‘The Good person guidebook: transforming your work and personal life’, describes the essence of meaningful worklife. According to him, key to ethical behavior is the virtues to nurture as well as vices to avoid. These virtues and vices are consistent with a meaningful work life. Virtues contribute to productivity, make work meaningful. Virtues are consistent with the vision where as vices are inconsistent with the vision. Virtue people are cooperative, hardworking, persistent, creative and...
Brief Article

Optimistic and planning ahead; vices have the features of excessively competitive and have the entitlement and zero-sum mentality. They are workaholic, indifferent and haphazard. They show out of context behavior and siege mentality. Virtue regards to the welfare of other; trust in the future, and is flexible. Their activities are based on knowledge. They are sharing, generous, patient for long-term results. Vices are rigid, unable to cope with organic change. They have the disconnected activity. They are closed and possessive and focused on short-term interest.

In work life, there are two types of generally unhappy people. First, are those who are workaholic, their attitude toward future is fearful, their sense of responsibility is very high and most likely long term prospects is the burnout. Second type of unhappy people are, those with entitlement mentality, their attitude toward future is reckless/indifferent. Their sense of responsibility is low and the most likely long term outcome is failure. The third type of people is those who are well – adjusted. Their attitude toward future is confident, they have strong sense of responsibility, most likely long term effects are the suitable progress and success.

By: Naseem Aslam

Pictorial Glimpses of Alumni Dinner