

# **Self Assessment Report**



## **Beaconnhouse National University**

**Institute of Psychology**

**(B.Sc. (Hons) in Applied Psychology)**

*Prepared by: Program Team of Institute of Psychology*

*Presented by: Quality Assurance Department*

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## **Executive Summary**

BNU strives hard to deliver quality education and has never compromised on its quality standards. Quality Assurance Department (QA) was setup in BNU in September 2005 as per directives of HEC and since then has actively worked for the quality of all academic programs offered at BNU. One of the important steps in this process is the Self Assessment of the Academic Programs.

Self-Assessment Report (SAR) is an effective tool in measuring and monitoring the outcome of a program. This is employed in Degree Awarding Institutes of Pakistan to identify strengths and weaknesses of the degree programs. Self Assessment Reports are prepared at the end of the assessment cycle of all academic programs at Beaconhouse National University (BNU).

QA department at BNU attempts to furnish the requisite information to complete Self Assessment Report in the light of certain criteria and standards as spelled out in the Self Assessment Manual prepared by HEC.

To complete the second cycle of Assessment in the year 2019-2021, fifteen degree programs were selected for Self Assessment, evaluation and improvements.

## **Objectives**

Objectives of the Self Assessment report are:

1. To improve and maintain academic standards.
2. To verify that existing programs meet their objectives and institutional goals.
3. To provide feedback for the academic program.
4. To identify areas requiring improvements in order to achieve objectives through desired outcomes.

## **Execution of Self Assessment Process:**

Presentations on the preparation of Self Assessment Report (SAR) were arranged for all Schools and faculty members of the selected program. This also served to explain the Self Assessment process and also a soft and hard copy of self assessment manual were also provided to further aid the process.

To initiate the SAR process, the Dean appoints the Program Team and Assessment Team Members to prepare the report in the subsequent weeks. Once completed, the Report is submitted to the Assessment team and QA department. The Assessment Team, accompanied with GM (QA) review the report with Dean and Program Team Members and concerned faculty.

The program weaknesses and strengths are identified in the final meeting. Solutions and Implementation plans are prepared based on the discussions. The following are discussed.

- a. Assessment Team findings
- b. Corrective Actions required
- c. Responsible Body for corrective actions
- d. Implementation Date

The recommended target dates to complete the tasks observed by Assessment Team, were approved by Vice Chancellor.

At the completion of Self Assessment cycle, QA submitted soft copy of all SAR to HEC for review and record.



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**Noreen Lodhi**  
GM, Quality Assurance  
Beaconhouse National University



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**Shahid Hafiz Kardar**  
Vice Chancellor  
Beaconhouse National University

## **Introduction**

The Institute of Psychology at the Beaconhouse National University was established in 2004 to provide opportunities in the private sector for higher studies in Psychology. The Institute offers a broad range of programs in Psychology that not only impart contemporary knowledge but also train students in general skills of research, critical thinking, statistical analysis, written and oral communication, as well as help develop clinical acumen. The institute's approach is evolutionary; where the courses are constantly updated to ensure that they remain challenging and relevant. The programs are conducted in collaboration with psychiatric units at teaching hospitals and other educational and business organizations in both the private and public sector. The institute's emphasis is on professional training that facilitates students in the applied areas of the discipline.

What makes IP programs distinctive is the academically rigorous yet supportive culture that prevails on campus. It offers an environment that is genuinely warm and friendly, and places a very high value on the services provided to students. The teaching methods reflect both contemporary as well as traditional didactic practices. This strives to ensure that students receive a well-rounded and informed perspective in the discipline of Psychology. With a rigorous core of courses at its epicenter, the Institute encourages student inquiry and research. The Institute's faculty brings pertinent research and clinical experiences to the classrooms thus developing student's appreciation for different scenarios, innovative thinking and promoting their professional networking skills.

## **Criterion 1: PROGRAM MISSION, OBJECTIVES AND OUTCOMES**

**Standard 1-1: The program must have documented measurable objectives that support Faculty / College and institution mission statements.**

- **INSTITUTION MISSION STATEMENT**

BNU's mission is a unique undertaking that stands undeterred in producing a respectful and tolerant generation of young people who possess the potential to create a positive impact in their communities within a relatively short period of time. BNU continues to offer modern curricula in a range of conventional and new disciplines while preserving the history and culture of Pakistani society. It enriches the overall intellectual growth of a student through interaction and professional excellence.

### **B.Sc. (Hons) in Applied Psychology**

The degree aims to provide a thorough grounding in the theories, methods and debates in Psychology. It further aims to develop the ability to analyze and evaluate psychological concepts and theories, and assess different kinds of evidence by using quantitative and qualitative research methodologies.

#### **Program Objectives:**

1. To provide first-rate instruction and practical training in various areas of Psychology.
2. To conduct basic and applied research on topics relevant to our society with a view to study the existing psychosocial issues in the community. The Institute plans to promote interdisciplinary research for the solution of clinical, social, educational, health, forensic and organizational problems.
3. To develop evidence-based and indigenous psychological assessment tools for research and assessment purposes.
4. To gain indigenous knowledge about the prevalence and management of various psychological and social problems in Pakistan.
5. To equip students with problem solving skills and coping mechanisms that would not only help them in personal adjustment but will also enable them to facilitate others to adjust to the demands of everyday life.
6. To help students to maximize their potential as individuals, as Pakistanis, and as good human

beings.

## Strategic Plan

B.Sc. (Hons.) in Applied Psychology is a comprehensive program within the Institute of Psychology. It is designed to be equated with the curriculum being taught at leading international universities. The program includes in-depth teaching in Applied Psychology, Research and Practice. The degree aims to develop the capacity to critically examine and appraise psychological principles, concepts and theories. The program has been geared towards instilling in our students a sound understanding of psychological problems that exist in Pakistani society, and to that end they are prepared in applying their knowledge in alleviating the mental health problems plaguing our society.

Objective	How Measured	When Measured	Improvement Identified	Improvement made
1	Course evaluations	End of each semester	Focus on practical application	Up gradation of curriculum
2	Research Project	On completion of 4 <sup>th</sup> year	Focus on qualitative projects	Employing both quantitative and qualitative techniques
3	Research publications	1-2 years after completion of the study	Encourage students' research publications	Introduced a new course titled "Dissemination of Research Work" to increase students' knowledge of research publication
4	Student internships/ employers survey	Final year of degree/ one year after completion of degree	Hands-on training skills	Inclusion of case-based practical courses



5	Alumni survey/ graduating students	Within one year of graduation	Problem solving skills	Case discussions and debates on various practical issues
6	Alumni survey/ graduating students survey	Within one year of graduation	Solutions of ethical dilemmas in practice	Focus on ethics and professional issues in psychology

**Table 4.1: Program objectives assessment**

**Standard 1-2: The program must have documented outcomes for graduating students. It must be demonstrated that the outcomes support the program objectives and that graduating students are capable of performing these outcomes.**

**Program Outcomes:**

1. Provide students with extensive base in the applied areas of the subject so that they can pursue careers in Clinical, Counseling, School and Organizational Psychology.
2. To be able to apply for graduate studies in leading National and International Universities.
3. Providing skills necessary for carrying out diagnostic assessments and therapeutic interventions in a variety of settings.
4. Working as a Professional Psychologist upholding moral and ethical standards.
5. To be able to work as an independent researcher carrying out researches on pertinent issues in society.
6. Sound understanding of psychological problems that exist in Pakistani society.

Program Objectives	Program Outcomes					
	1	2	3	4	5	6
1	X	X	X	X	X	X
2	X		X		X	X
3	X		X		X	

4				X		X
5			X	X		X
6		X	X	X		X

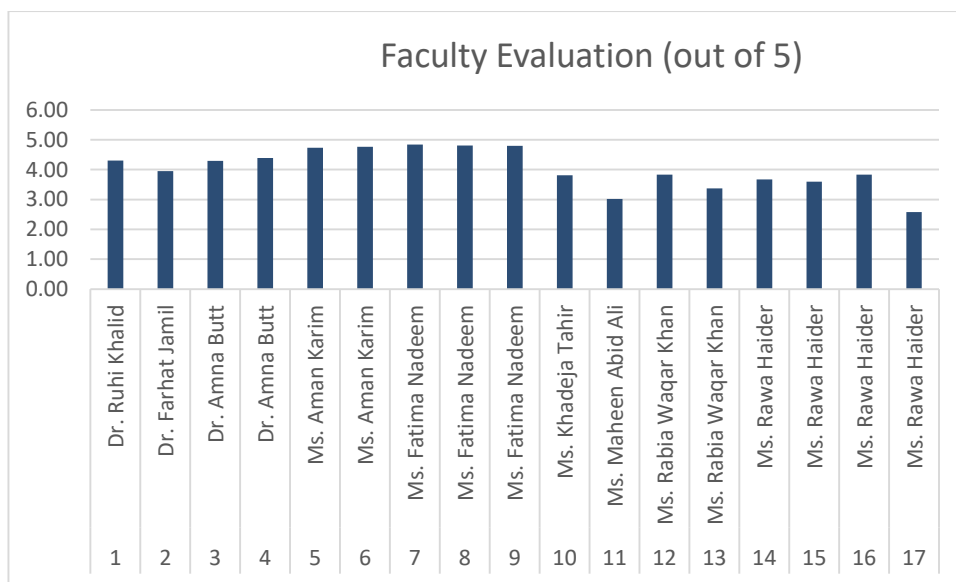
**Table 4.2: Program Outcomes versus Program Objective**

**Standard 1-3: The results of program's assessment and the extent to which they are used to improve the program must be documented.**

**Faculty Wise Evaluation**

Sr.No.	Name of Faculty	Course Code	Course Title	Faculty Evaluation (out of 5)
1	Dr. Ruhi Khalid	PSY-408	Debates on Current Trends & Issues in Psychology	4.30
2	Dr. Farhat Jamil	PSY-470	Research Project-I	3.95
3	Dr. Amna Butt	PSY-356	Forensic Psychology	4.29
4	Dr. Amna Butt	PSY-101	Introduction to Perspectives in Psychology	4.39
5	Ms. Aman Karim	PSY-415	Psychological Report Writing/Case Studies	4.73
6	Ms. Aman Karim	PSY-315	Therapeutic Interventions in Clinical Psychology	4.77
7	Ms. Fatima Nadeem	PSY-201	Research Methodologies and Applications	4.84
8	Ms. Fatima Nadeem	PSY-411	Gender Psychology	4.81
9	Ms. Fatima Nadeem	PSY-110	Psychosocial Influences on Behavior	4.80
10	Ms. Khadeja Tahir	PSY-230	Applied Statistics	3.81
11	Ms. Maheen Abid Ali	PSY-455	Ethical and Professional Issues	3.01
12	Ms. Rabia Waqar Khan	PSY-205	Child Psychopathology	3.83
13	Ms. Rabia Waqar Khan	PSY-115	Cognition: Sensation, Perception and Emotion	3.38
14	Ms. Rawa Haider	PSY-135	Exercises in Psychological Investigation (I)	3.67

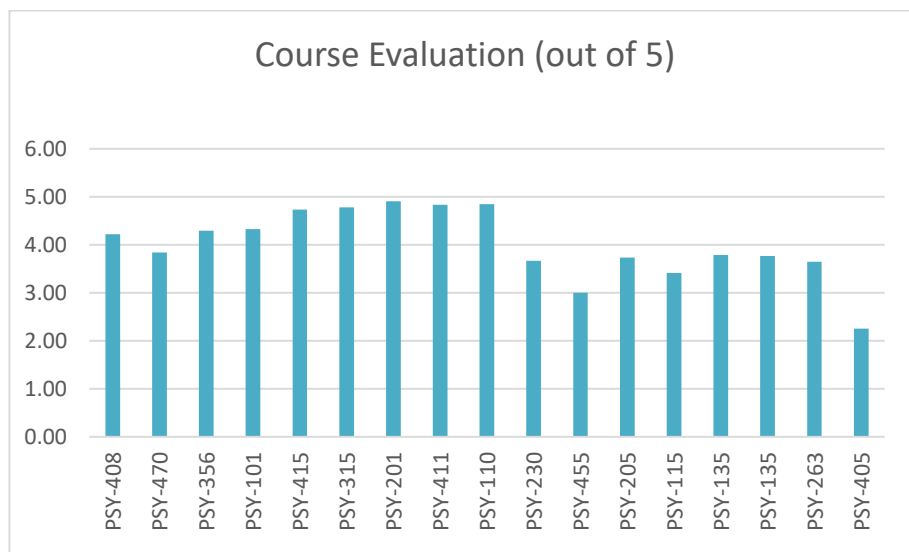
15	Ms. Rawa Haider	PSY-135	Exercises in Psychological Investigation (II)	<b>3.60</b>
16	Ms. Rawa Haider	PSY-263	Developmental Psychology	<b>3.83</b>
17	Ms. Rawa Haider	PSY-405	Human Resource Management	<b>2.57</b>



### Course Evaluation

Sr.No.	Course Code	Course Title	Course Cr.Hrs.	Course Evaluation (out of 5)
1	PSY-408	Debates on Current Trends & Issues in Psychology	3	<b>4.21</b>
2	PSY-470	Research Project-I	4	<b>3.84</b>
3	PSY-356	Forensic Psychology	3	<b>4.29</b>
4	PSY-101	Introduction to Perspectives in Psychology	3	<b>4.32</b>
5	PSY-415	Psychological Report Writing/Case Studies	3	<b>4.73</b>
6	PSY-315	Therapeutic Interventions in Clinical Psychology	4	<b>4.78</b>
7	PSY-201	Research Methodologies and Applications	3	<b>4.90</b>
8	PSY-411	Gender Psychology	3	<b>4.83</b>

9	PSY-110	Psychosocial Influences on Behavior	3	<b>4.84</b>
10	PSY-230	Applied Statistics	4	<b>3.66</b>
11	PSY-455	Ethical and Professional Issues	3	<b>3.00</b>
12	PSY-205	Child Psychopathology	3	<b>3.73</b>
13	PSY-115	Cognition: Sensation, Perception and Emotion	3	<b>3.41</b>
14	PSY-135	Exercises in Psychological Investigation (I)	2	<b>3.79</b>
15	PSY-135	Exercises in Psychological Investigation (II)	2	<b>3.76</b>
16	PSY-263	Developmental Psychology	3	<b>3.65</b>
17	PSY-405	Human Resource Management	3	<b>2.25</b>



**Program Strengths:**

**Faculty and Staff**

- The Program of Bachelors in Applied Psychology has highly qualified and experienced faculty from different fields of psychology.
- The research supervisors have years of experience in research.
- The provision of guidance counselors makes transitioning to university life easier and enhances problem solving.

## Curriculum

- The curriculum roadmap has been systematically designed and is in line with contemporary trends in the field of psychology.
- Students are provided with a curriculum that combines both theory and practicum.
- The curriculum inculcates culturally relevant issues along with the application of Western theories in a manner tailored to the needs of the Pakistani population.

## Seminars and Talks

- Seminars and guest lectures by national and international experts in the field are organized on a regular basis.

## Labs

- A well-equipped and up to date testing lab allows students to get hands-on learning in the use of various assessment tools.

## Career Guidance

- Students are introduced to and connected with various experts in the field for further clinical training after graduating from the Institute of Psychology.

## Program Weaknesses:

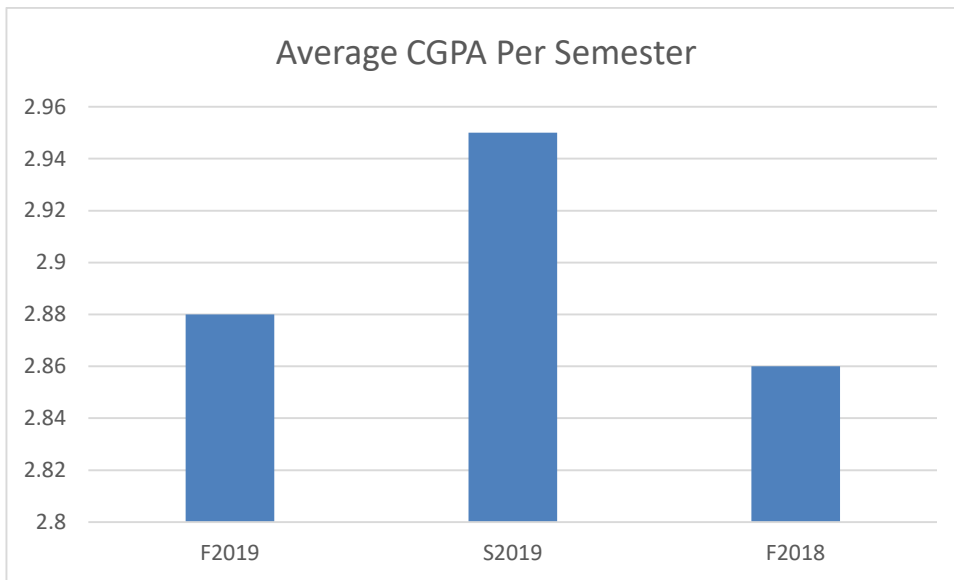
- The Experimental lab needs more equipment to cater to the large number of students.
- The Psychology section in the library needs to be updated.
- Access should be given to more full text online resources and research engines, like Science Direct and Elsevier.
- More opportunities for guidance to psychology students planning to get admission in foreign universities.

**Standard 1-4: The department must assess its overall performance periodically using quantifiable measures.**

Year	Applied	Admitted	Left	Terminated	Studying/Active	Graduated
2017-2018	80	42	4	4	34	21
2018-2019	97	55	7	8	40	18
2019-2020	96	53	4	2	47	19

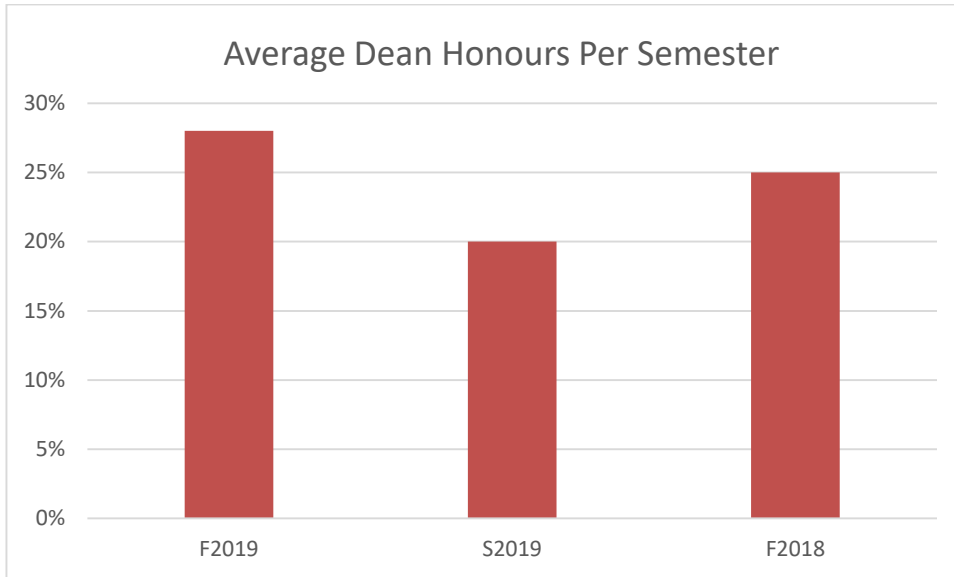
**Average Graduating Grade Point Average per Semester**

Semesters	Average CGPA
F2019	2.88
S2019	2.95
F2018	2.86



**Average Honors Students per Semester**

Semesters	No. of Honors	Average
F2019	55	28%
S2019	32	20%
F2018	44	25%



**Average Number of Students per Faculty BNU  
Wide**

**1:13**

**Excellence in Teaching and Research**

- Dr. Ruhi Khalid, Director of Institute of Psychology, attended six conferences worldwide and published scientific papers in the following highly reputable journals:
  - i. Pakistan Journal of Social and Clinical Psychology, Vol. 17, No. 2
  - ii. Pakistan Journal of Social and Clinical Psychology, Vol. 17, No. 1, 38-46
  - iii. Conference Proceedings, Psychology of Women and Equalities Section, British Psychological Society, Windsor, UK.
- Dr Ruhi Khalid and Dr Farhat Jamil were appointed as members of the editorial board of international and national research journals.
- Dr Farhat Jamil was appointed as member of Psychological Assessment Committee at Punjab Public Service Commission (PPSC).

**Community Service**

- Dr. Ruhi Khalid, Director of Institute of Psychology, was appointed as the member of Punjab Mental Health Authority Task Force 2019.

- Dr. Ruhi Khalid was appointed a member of the Technical Advisory Committee of Punjab Healthcare Commission by the Board of Commissioners of PHC.
- Dr. Ruhi Khalid was appointed as the member of Punjab Public Service Commission (PPSC).
- Dr Ruhi Khalid is serving as a resource person for training of in service university teachers.
- Faculty at IP is also serving as resource person for different mental health facilities and addiction centers.

### Research Activities

Publications	No. (per year average)
Journal and conference publications per faculty per year	2

**Present performance measures for community services. This may include number of short courses per year, workshops and seminars organized.**

Particulars	Number per year
Workshops/Seminar (For Psychology Students)	16
Workshops/Seminars (For all Students and Faculty)	6

### Criterion 2: CURRICULUM DESIGN AND ORGANIZATION

#### Title of Degree Program

B.Sc. (Hons) in Applied Psychology

#### Definition of Credit Hour

One credit hour is 1 hour of theory lecture or 3 hours of laboratory work in a week

#### Degree plan

Following is the list of courses taught in the selected program



### Year 1 Semester-I

Course Code	Course Title	Credits
PSY 101	Introduction to Perspectives in Psychology	3
PSY 110	Psychosocial Influences on Behavior	3
PSY 115	Cognition: Sensation, Perception and Emotion	3
PSY 135	Exercises in Psychological Investigation	2
ELU 101	<i>Communication Skills I</i>	3
PSY 100	<i>Introduction to Computers Mandatory</i>	2
SLA 102	<i>Pakistan Studies Mandatory</i>	1.5
	<b>Total</b>	<b>17.5</b>

### Semester-II

Course Code	Course Title	Credits
PSY 105	Biological Basis of Behavior	3
PSY 120	Statistics in Psychology	4 (3-1)
PSY 125	Cognition: Learning, Memory and Intelligence	3
SLA 103	<i>Islamic Studies Mandatory</i>	1.5
	<i>*One Elective Course</i>	3
	<i>*One Elective Course</i>	3
	<b>Total</b>	<b>17.5</b>

### Year 2 Semester-III

Course Code	Course Title	Credits
PSY 411	Gender Psychology	3
PSY 205	Child Psychopathology	3
PSY 263	Development Psychology	3
PSY 230	Applied Statistics	4 (3-1)
ELU 102	<i>Communication Skills II</i>	3
	<b>Total</b>	<b>16</b>

**Semester-IV**

<b>Course Code</b>	<b>Course Title</b>	<b>Credits</b>
PSY 220	Psychometrics	4 (3-1)
PSY 225	Adult Psychopathology	3
PSY 310	School Psychology	3
PSY 235	Social Cognition	3
	<i>*One Elective Course</i>	3
	<b>Total</b>	<b>16</b>

**Year 3 Semester-V**

<b>Course Code</b>	<b>Course Title</b>	<b>Credits</b>
PSY 356	Forensic Psychology	3
PSY 405	Human Resource Management	3
PSY 315	Therapeutic Interventions in Clinical Psychology	4 (3-1)
PSY 201	Research Methodologies and Applications	3
	<i>*One Elective Course</i>	3
	<b>Total</b>	<b>16</b>

**Semester-VI**

<b>Course Code</b>	<b>Course Title</b>	<b>Credits</b>
PSY 320	Counseling Psychology	3
PSY 460	Environmental Psychology	3
PSY 335	Behavioral & Cognitive Neuroscience	3
PSY 345	Personality	3
	<i>*One Elective Course</i>	3
	<i>*One Elective Course</i>	3
	<b>Total</b>	<b>18</b>

**Year 4 Semester-VII**

<b>Course Code</b>	<b>Course Title</b>	<b>Credits</b>
PSY 340	Summer Project Internship and Case Reports	4 (3-1)
PSY 470	Research Project I	4 (3-1)
PSY 415	Psychological Report Writing/Case Studies	3
PSY 408	Debates on Current Trends and Issues in Psychology	4 (3-1)
PSY 455	Ethical & Professional Issues	3
	<b>Total</b>	<b>18</b>

### **Semester-VIII**

<b>Course Code</b>	<b>Course Title</b>	<b>Credits</b>
PSY 409	Dissemination of Research Work	2
PSY 471	Research Project II	4 (3-1)
PSY 465	Organizational Behavior	3
PSY 404	Seminars on Indigenous and Cross-Cultural Developments in Psychology	4 (3-1)
	<b>Total</b>	<b>13</b>
	<b>Total Credit Hours</b>	<b>132</b>

\*Students are required to take the above-mentioned courses plus 18 credit hours in elective subjects of their choice.

### **List of Electives**

Subjects offered as electives to the students of others departments by the Institute of Psychology are the following.

<b>Course Code</b>	<b>Course Title</b>	<b>Credits</b>
PSY 101	Introduction to Perspectives in Psychology	3
PSY 105	Biological Basis of Behavior	3
PSY 110	Psychosocial Influences on Behavior	3
PSY 115	Cognition: Sensation, Perception and Emotion	3
PSY 125	Cognition: Learning, Memory and Intelligence	3
PSY 210	Child Development	3
PSY 235	Social Cognition	3
PSY 245	Introduction to Social and Cultural Anthropology	3
PSY 305	Stress and Well-Being	3
PSY 345	Personality	3
PSY 330	Career Counseling	3
PSY 355	Peace Psychology	3
PSY 405	Human Resource Management	3
PSY 460	Environmental Psychology	3
PSY 465	Organizational Behavior	3
PSY 402	Positive Psychology	3

*\* Optional Courses will be offered according to the availability of the teacher.*

Sem	Course Number	Category (Credit Hours)				
		Math and Basic Science		Core Courses	Humanities and Social Sciences	Technical Electives
		Math	Basic Science			
1	7			11	6.5	0
2	6	4		10	1.5	6
3	5	4	3	13	3	0
4	5			13		3
5	5			13		3
6	6		3	12		6
7	5			18		
8	4			13		

**Table 4.3: Curriculum course requirements**

## **Course Descriptions**

### **First Semester**

#### **PSY-101 Introduction to Perspectives in Psychology**

This course examines the development of Psychology as a discipline and explores the definition, history and fields of Psychology. It further aims to familiarize students with the various theoretical perspectives that influence psychologists' approach to research, their understanding of personality and other psychological constructs, psychopathology, and psychotherapy. This course will prepare the students for the more advanced courses in psychology.

#### **PSY-110 Psychosocial Influences on Behavior**

The course aims at tracing the roots of Social Psychology. It covers socialization through studying a range of theories and research concerned with our thinking and behavior in the social world. This course also addresses core issues of conformity, group behavior and individuality.

### **PSY-115 Cognition: Sensation, Perception and Emotion**

This course is a broad introduction to Cognitive Psychology and covers sensory processes and perceptual organization of vision and audition; laws of perception; illusions and the role of emotions.

### **PSY-135 Exercises in Psychological Investigation**

In this course students perform a series of exercises/practicals covering a range of research designs employed by psychologists. Finally, they become able to replicate these experimental designs correctly and present report write-ups. These may include: observation, interviews, experiments and correlational studies.

## **Second Semester**

### **PSY-105 Biological Basis of Behavior**

Students would be able to understand how normal and abnormal behavior is affected by the functioning of the brain and endocrine systems. This will be done with descriptions ranging from genes, to neurotransmitters and hormones.

### **PSY-120 Statistics in Psychology**

The primary aim of the course is to explore the importance of statistics in psychological research. It covers areas such as collection, organization and representation of data, measures of central tendency, measures of dispersion, presenting data graphically and drawing meanings from the data.

### **PSY-125 Cognition: Learning, Memory and Intelligence**

This course supplements the study of Cognitive Psychology for learning, memory and intelligence, and further explores their definitions, types and theories in detail.

### Third Semester

#### **PSY-411 Gender Psychology**

This course aims to introduce gender issues in order to help students understand gender differences in the development of various psychological areas such as cognition, perception and also briefly look at the myriad theories of Gender Psychology. Students will understand their own and others' gender-related needs, roles, duties, rights and relevant issues.

#### **PSY-205 Child Psychopathology**

This course introduces history and background of Abnormal Psychology. It also helps students to understand the basic etiology, symptoms and interventions of different mental disorders along with the diagnostic criteria (DSM-5) regarding childhood disorders.

#### **PSY-230 Applied Statistics**

Students will formally apply principles of statistical testing. They will learn how to apply appropriate statistical analysis to different research designs, how to formulate hypothesis and test them using parametric and non-parametric testing techniques using SPSS.

#### **PSY-263 Developmental Psychology**

This course is an exploration of concepts in Developmental Psychology, emphasizing on major issues in development, examined in the light of current research and theoretical formulations. This course is aimed at providing ample understanding as to how a child develops from conception and birth to adolescence and then to early, middle and late adulthood. It is a specialized course that prepares students to understand the physical, cognitive and psychosocial development throughout the life span of individuals.

### Fourth Semester

#### **PSY-220 Psychometrics**

This course aims to teach basic characteristics, principles and practices of psychological testing to enable

students to use and evaluate psychological tests and have familiarity with these tests. It helps them to understand the nature and measurement of psychological variables, validity, reliability, standardization, norms development, test construction and item analysis.

### **PSY-225 Adult Psychopathology**

This course sheds light on perspectives of Psychopathology and will help students to understand the basic etiology, symptoms and interventions of different types of psychological disorders and diagnostic criteria (DSM-5) regarding disorders in adults.

### **PSY-310 School Psychology**

This course will familiarize students with a variety of psychological issues within a school environment regarding assessment, treatment, and prevention of learning, behavior, and emotional problems in school-age children. Students will become familiar with ways of assessing children with difficulties and developing specialized curriculum. Ethical considerations will also be discussed. Students will be required to demonstrate professionalism, academic and personal integrity, and become familiar with the diverse roles and responsibilities of school psychologist.

### **PSY-235 Social Cognition**

To provide students with understanding of the psychological processes involved in social influence from a social psychological perspective. These processes include attribution, altruism, aggression, and attachment formation.

### **Fifth Semester**

### **PSY-356 Forensic Psychology**

Forensic psychology addresses the application of psychological research, methods, and expertise to issues that come before the legal system. The major goal of this course is to provide a broad overview of the field of forensic psychology which include topics such as functions of a forensic psychologist, psychological domains of criminal responsibility; competency to stand trial; diminished capacity/specific intent; self defense and syndrome defenses, legal testimony, theories of criminal behavior, and forensic



assessment.

### **PSY-315 Therapeutic Interventions in Clinical Psychology**

To familiarize students with the diagnostic assessment procedure and ethics involved in clinical psychology and to provide students theoretical as well as practical knowledge for working in clinical setting and dealing with clients.

### **PSY-405 Human Resource Management**

This course introduces basic nature, scope, theories and practices in the field of Human Resource Management. Students will learn about HR laws and regulations and will gain knowledge regarding the human resource manager's role and duties in the field.

### **PSY-201 Research Methodologies and Application**

This course aims at introducing the contemporary methods of research in Psychology. It covers quantitative and qualitative research designs, methods of collecting data and sampling techniques; facilitating students to have an in-depth study of research in Psychology.

### **Sixth Semester**

### **PSY-320 Counseling Psychology**

This course will explore psychological foundations and general principles of humanist, cognitive and psychodynamic approaches and ethics of Counseling Psychology. It will also teach students to reflect and critically analyze counseling practices in different settings.

### **PSY-335 Behavioral & Cognitive Neuroscience**

Introduction to human brain behavior relationships is provided, with emphasis on the organization of higher mental functions and the roles of the major cerebral areas. The physiological basis of the major aspects of human behavior will be discussed such as: sensor and motor control, sleep and waking cycles, language, perception, learning, memory, cognition, communication and behavior control; aging and dementia; developmental disabilities; differences between the hemispheres; and clinical evaluation

procedures.

### **PSY-345 Personality**

An introduction to the study of personality as an approach to individual differences is provided. This course entails a critical overview of current personality issues and theories including the trait, psychoanalytic, behavioral, phenomenological, and cognitive approaches to personality and Positive Psychology.

### **PSY-460 Environmental Psychology**

This course explores the relationship between the physical and social environment and the psychological processes of an individual. Being a multi-disciplinary field, Environmental Psychology covers areas such as stress management, environmental health conditions, issues of environmental pollution, crowding, over-population, and proxemics.

### **Seventh Semester**

#### **PSY-340 Summer Project Internship and Case Reports**

For this course students will have an internship experience in a clinical setting. They will be familiarized with psychotherapies and their application with the clients. They will be provided with opportunity to use their clinical skills under supervision of a clinical psychologist and psychiatrist.

#### **PSY 408 Debates on Current Trends and Issues in Psychology**

The course is based on the investigation of issues that prevail in the area of contemporary Psychology. Students are encouraged to debate on the issues and be familiar with the literature work in the area. It exposes students to different perspectives in the discipline, facilitating critical thinking and at the same time enabling them to appreciate others' point of view.

#### **PSY 470 Research Project I**

Students will identify a research topic individually or in a group under the supervision of their supervisor. The objective of this exercise is to familiarize students with the stages and process of undertaking research. Initial components of the research design will be covered.

### **PSY-415 Psychological Report Writing/ Case Studies**

This course will help students to formulate case reports after analyzing cases for clinical/counseling purposes which covers assessment, diagnoses and therapeutic intervention. Students will also learn how to make an oral and written presentation of the psychological reports for evaluation in an indigenous context by identifying problem, taking history, and planning treatment while executing the principles of Counseling or Clinical Psychology after attending case conferences.

### **PSY-455 Ethical and Professional Issues**

The course is intended to assist senior year students as they begin to assume a more active role in shaping the profession of psychology through research, clinical, and professional activities. Course topics assure that the student understands critical issues in the professional activities of psychologists, standards of ethics, issues related to psychological service delivery, legal issues, supervisory arrangements, social responsibility, and issues of diversity in psychology.

### **Eighth Semester**

### **PSY-404 Seminars on Indigenous and Cross Cultural Developments in Psychology**

This course will train students in various techniques of seminar presentation with the aim to enhance their communication skills, self-confidence and facilitate them in making an oral and written presentation in a scientific manner on current psychological issues. This course addresses indigenous and cross cultural issues in psychology such as group dynamics, conflict resolution, peace building, ethnicity, family systems, and gender issues. It helps the student to appreciate different perspective on these issues.

### **PSY 471 Research Project II**

Students will develop the research methodology for their research project under the guidance and assistance of their supervisor and will conduct a pilot study before launching the main study and presenting the final research project in the form of a thesis.

### **PSY-465 Organizational Behavior**

The course explores organizations at the individual and team level, examining the relationship between employees, teams and managers. It examines the factors that drive productivity and success in organizations including motivation, diversity, work stress, conflict and negotiation, decision making, personality and attitudes.

### **PSY 409 Dissemination of Research Work**

Students will be taught to prepare PowerPoint presentation on relevant issues in Psychology. The course is also aimed to introduce the students to various peer-reviewed research journals both at the national and international level. In addition, the course shall equip the students with the skills and knowledge to format a research paper according to the requirements of various research journals.

### **Optional Courses**

#### **PSY-101 Introduction to Perspectives in Psychology**

This course examines the development of Psychology as a discipline and explores the definition, history and fields of Psychology. It further aims to familiarize students with the various theoretical perspectives that influence psychologists' approach to research, their understanding of personality and other psychological constructs, psychopathology, and psychotherapy. This course will prepare the students for the more advanced courses in psychology.

#### **PSY-105 Biological Basis of Behavior**

Students would be able to understand how normal and abnormal behavior is affected by the functioning of the brain and endocrine systems. This will be done with descriptions ranging from genes, to neurotransmitters and hormones.

#### **PSY-110 Psychosocial Influences on Behavior**

The course aims at tracing the roots of Social Psychology. It covers socialization through studying a range of theories and research concerned with our thinking and behavior in the social world. This course also addresses core issues of conformity, group behavior and individuality.

#### **PSY-115 Cognition: Sensation, Perception and Emotion**

This course is a broad introduction to Cognitive Psychology and covers sensory processes and perceptual organization of vision and audition; laws of perception; illusions and the role of emotions.

### **PSY-125 Cognition: Learning, Memory and Intelligence**

This course supplements the study of Cognitive Psychology for learning, memory and intelligence, and further explores their definitions, types and theories in detail.

### **PSY-235 Social Cognition**

To provide students with understanding of the psychological processes involved in social influence from a social psychological perspective. These processes include attribution, altruism, aggression, and attachment formation

### **PSY-245 Introduction to Social & Cultural Anthropology**

Social and cultural anthropology is the branch of anthropology that studies how currently living human beings behave in social groups. This course includes an introduction to fundamental concepts in social and cultural anthropology including ethics and fieldwork techniques. Cultural institutions such as systems of language and communication, ecology and subsistence, family and kinship, social roles and inequality, cultural economics, law and politics; as well as religion, and myth, are explored. Students will learn how human groups interact with each other, how our culture permeates our perceptions, and the ethical consequences of human cultural values and behavior are discussed.

### **PSY-345 Personality**

An introduction to the study of personality as an approach to individual differences is provided. This course entails a critical overview of current personality issues and theories including the trait, psychoanalytic, behavioral, phenomenological, and cognitive approaches to personality and Positive Psychology.

### **PSY-355 Peace Psychology**

This course examines the key concepts, themes, theories, and practices involved in peace psychology.

Students will be introduced to the issues of peace and conflict across a wide range of interpersonal, community, national and international contexts. The course will focus on multiple levels of analysis from micro to macro, and multi-disciplinary perspectives.

### **PSY-405 Human Resource Management**

This course introduces basic nature, scope, theories and practices in the field of Human Resource Management. Students will learn about HR laws and regulations and will gain knowledge regarding the human resource manager's role and duties in the field.

### **PSY-460 Environmental Psychology**

This course explores the relationship between the physical and social environment and the psychological processes of an individual. Being a multi-disciplinary field, Environmental Psychology covers areas such as stress management, environmental health conditions, issues of environmental pollution, crowding, over-population, and proxemics.

### **PSY-465 Organizational Behavior**

The course explores organizations at the individual and team level, examining the relationship between employees, teams and managers. It examines the factors that drive productivity and success in organizations including motivation, diversity, work stress, conflict and negotiation, decision making, personality and attitudes.

### **PSY- 402 Positive Psychology**

This course examines the key concepts, themes, theories, and practices involved in positive psychology. This course focuses on the latest development in the field of psychology by highlighting the concepts of happiness and psychological well-being. Topics include biological basis of positive emotions, positive trait theories, happiness, gratitude, emotional intelligence, volunteerism, and the characteristics of successful relationships.

### **PSY-305 Stress and Well-Being**

Students will learn to appraise the role of stress in mental and physical health. The course seeks to promote

an understanding of the importance of a healthy lifestyle, coping mechanisms and Positive Psychology.

### **PSY-330 Career Counseling**

This course introduces students to the career counseling profession. The history, philosophy, and theoretical foundations of the profession and the scope of practice, credentialing, and other professional issues are explored. Students obtain a theoretical and practical basis for supporting individuals in vocation selection and career development, keeping in view the issues of work force diversity. Thus the course focuses on the student as a future career counselor and provides an overview of the career counseling program, the profession, and professional competencies.

### **PSY 210 Child Development**

This course is an exploration of concepts in Developmental Psychology, emphasizing on major issues in development, examined in the light of current research and theoretical formulations. This course is aimed at providing ample understanding as to how a child develops from conception and birth to adolescence and then to early, middle and late adulthood. It is a specialized course that prepares students to understand the physical, cognitive and psychosocial development throughout the life span of individuals.

**Standard 2-1: The curriculum must be consistent and support the program’s documented objectives.**

- **Detail of Groups:**

<b>Serial No.</b>	<b>Group Initials</b>	<b>Group Title</b>
1	HUM	Humanities
2	SOC	Social Psychology
3	CLIN	Clinical Psychology

4	COUN	Counseling Psychology
5	SCH	School Psychology
6	ORG	Organizational Psychology
7	STAT	Statistical Analysis
8	BEH	Behavioral and Cognitive Neuroscience
9	ETH	Ethics and professional issues
10	RM	Research Methodology
11	ASS	Psychological Assessment
12	THEO	Theoretical Foundations

Courses/ Group of courses	Objectives					
	1	2	3	4	5	6
HUM	X		X	X	X	X
SOC	X	X			X	
CLIN	X	X		X	X	
COUN	X	X		X	X	



SCH	X	X		X	X	
ORG	X	X		X	X	
STAT	X	X	X			
BEH	X					
ETH	X				X	X
RM	X	X	X		X	
ASS	X		X		X	
THEO	X	X	X	X	X	X

**Table 4.4: Courses versus program outcomes**

**Standard 2-2: Theoretical background, problems analysis and solution design must be stressed within the program’s core material.**

- Indicate which courses contain a significant portion (more than 30%) of the elements in standard.

<b>Elements</b>	<b>% of Courses</b>
Theoretical background	50%
Problem analysis	30%
Solution design	20%

**Table 4.5: Standard 2-2 requirement**

**Standard 2-3: The curriculum must satisfy the core requirements for the program, as specified by the respective accreditation body. Examples of such requirements are given in Table A.1, Appendix A.**

- *Please refer to Table 4.3*

**Standard 2-4: The curriculum must satisfy the major requirements for the program as specified by HEC, the respective accreditation body / councils. Examples of such requirements are given in Table A.1, Appendix A.**

- *Please refer to Table 4.3*

**Standard 2-5: The curriculum must satisfy general education, arts, and professional and other discipline requirements for the program, as specified by the respective accreditation body / council. Examples of such requirements are given in Table A.1, Appendix A.**

- Address standards 2-3, 2- 4 and 2-5 using information provided in Table 4.3 and 4.4.

**Standard 2-6: Information technology component of the curriculum must be integrated throughout the program.**

Students are required to complete “Introduction to Computers Mandatory” course of 2 credit hours as part of the degree requirement in addition to this they are also trained to use SPSS software for statistical analysis of research data and EndNote software for referencing in research.

**Standard 2-7: Oral and written communication skills of the student must be developed and applied in the program.**

Students are required to complete courses in “Communication Skills I”, and “Communication Skills II” to enhance their oral and written communication skills which are employed during thesis writing and in “Seminars on Indigenous and Cross-Cultural Developments in Psychology”, “Current Trends and Issues in Psychology”, “Dissemination of Research Work” courses where they are required to present and defend their research on various current topics in Psychology.

**Criterion 3: LABORATORIES AND COMPUTING FACILITIES**

The Institute of Psychology has following laboratories:

- i. One Psychological Testing Laboratory with up-to-date psychological tests in the following domains:
  - Diagnostic Tests
  - Intelligence Tests
  - Aptitude Tests
  - Personality Tests
  - Neuropsychological Tests
- ii. One Experimental Lab with updated equipment for conducting psychology experiments.
- iii. Social Psychology Lab with one way mirror for observation.
- iv. Computer Lab containing 25 workstations equipped with desktop computers along with Multimedia and internet facilities. The computer lab is equipped with adequate facilities for carrying out data analysis and research work.

**Standard 3-1: Laboratory manuals/documentation/instructions for experiments must be available and readily accessible to faculty and students.**

The above-mentioned labs help the students in carrying out psychological assessment relating to the

courses offered in BSc (Hons) in Applied Psychology such as “Psychometrics”. Exercises in assessment and interpretation using variety of psychological tests are taught by the course instructor. Moreover each test also contains a manual that carries details of administration, scoring and interpretation of the test.

**Standard 3-2: There must be adequate support personnel for instruction and maintaining the laboratories.**

The above lab is maintained by two Lab Assistants in addition to the primary course instructor who are responsible for providing access to various psychological tests and are also required to ensure that networking of the computers is working properly and Internet is available at each workstation. Moreover these lab assistants are also responsible for the maintenance of apparatus for carrying out psychological experiments.

**Standard 3-3: The University computing infrastructure and facilities must be adequate to support program’s objectives.**

The facilities mentioned in the above lab are adequate to support the objectives of the program. In addition to the existing facilities in Institute of Psychology, Psychology students also have access to the primary Computer Lab of the IT department which has 25 workstations equipped with latest software for internet searching and statistical analysis.

**Criterion 4: STUDENT SUPPORT AND ADVISING**

The Institute of Psychology realizes the importance of providing continuous support and guidance to its students. As a result guidance and counseling groups are assigned to each faculty member, students can contact their guidance group advisor any time during university hours and the guidance group advisor makes every effort to address and resolve the student’s query/problem in a timely manner.

**Standard 4-1: Courses must be offered with sufficient frequency and number for students to complete the program in a timely manner.**

The B.Sc. (Hons) in Applied Psychology program comprises of thirty seven courses spread over four year

(8 semesters) of full time study.

Generally 5 to 6 courses are offered in each semester which constitutes a study load of 15 to 18 credit hours. Each core and mandatory course is offered once in an academic year, either in the Spring or Fall semester.

In addition students are free to take up any elective from various Schools/Departments of BNU. Each semester a variety of electives are offered by different schools and students have an option to take the electives of their choice.

**Standard 4-2: Courses in the major area of study must be structured to ensure effective interaction between students, faculty and teaching assistants.**

There is open communication and interaction between the course instructor and the students during each semester. Students can not only ask questions during classes but the permanent faculty is also available in their offices from 9.30 am to 3.30 pm during which time any students can approach them and discuss their issues. Moreover the visiting faculty is also required to devote 1- 2 hours per week to student's queries in addition to class timings.

**Standard 4-3: Guidance on how to complete the program must be available to all students and access to academic advising must be available to make course decisions and career choices.**

Information relating to each degree program, its timeline, distribution of courses per semester are updated and published every year in the Prospectus of the university which is not only available in hardcopy format but is also uploaded on BNU's website and each school's individual page.

In addition an orientation session is held at the beginning of each academic year where students are provided with details of the degree program, criteria for evaluation, credit hour requirement, course breakups etc. Student's queries are also addressed in orientation session. Moreover students are also given disciplinary rules and examination regulation handbooks during the orientation session.

The director, institute of Psychology along with the faculty members and coordinators are available to provide guidance to the students and to address their academic, personal as well as psychological issues if any.

Every effort is made to satisfy the student's queries and provide solution to his / her problems.

Almost all visiting faculty members are professionals and specialists in their fields and students have ample opportunity to interact with them and discuss their academic and professional queries and seek

career guidance.

In addition the Institutes organizes seminars, workshops and extension lectures by prominent Psychologists and Psychiatrists in the field, so student will not only have a chance to learn from experts but also be able to meet and develop liaisons with potential future employers.

Moreover, students are also timely informed through notice board and BNU's official website about seminars and conferences taking place at different educational Institutes, so they can come to know of the indigenous work being carried out in Pakistan and develop professional liaisons with their counterparts studying in various psychology departments all over Pakistan.

### **Criterion 5: PROCESS CONTROL**

**Standard 5-1: The process by which students are admitted to the program must be based on quantitative and qualitative criteria and clearly documented. This process must be periodically evaluated to ensure that it is meeting its objectives.**

### **PROGRAM ADMISSION CRITERIA**

Candidates who have passed Higher Secondary School Certificate (FA/F.Sc.) examination with at least second division or 3 subjects of A levels with at least a C grade average are eligible to apply for admission in B.Sc. (Hons.) in Applied Psychology.

Admission of the candidate is subject to qualifying an admission test and interview. Candidates must possess good English language skills.

### **PROGRAM/CREDIT TRANSFER**

The Institute refers all transfer cases to the University Equivalence Committee. The Equivalence Committee, after thorough scrutiny in light of the HEC guidelines, gives approval for all transfers.

## **EVALUATION OF ADMISSION CRITERIA**

The admission criterion is reviewed annually in light of the HEC guidelines. The Board of Studies meets once a year and reviews all matters regarding the program. In addition Academic Council of the University also reviews the Admission procedure and subsequent approval is taken from the Board of Governors of the University.

**Standard 5-2: The process by which students are registered in the program and monitoring of students' progress to ensure timely completion of the program must be documented This process must be periodically evaluated to ensure that it is meeting its objectives.**

- PROCESS OF REGISTRATION

The process of registration being followed at the Institute of Psychology is done online through the university's Campus Management System. In addition to online registrations, the coordinator under the supervision of the Dean of the School keeps a record of the student registration. This includes the registration on the program and the courses through course enrollment form, ADD/Drop form and Course Withdrawal Form. In addition, the students' course enrollments, Add/Drop of courses and course withdrawals are also done online through the Campus Management System. This record is accessible by the Institute of Psychology, the Registrar of the University and the Quality Assurance Department.

- MONITORING STUDENTS PROGRESS

The student progress is carefully monitored throughout their academic stay at the Institute. The program follows continuous assessment procedures. The results of the students are carefully recorded online in the Campus Management System and monitored by the Institute and passed on to the Examination and Quality Assurance Department. The faculty, Head of Department and the Dean meet on a regular basis to discuss all student related issues. Attendance records, class performance records including quiz, assignments, mid-term and End of Year Examination marks of all students are also maintained by the

Institute through the Campus Management System. Transcripts are prepared by the Examination Department at the end of every semester. These transcripts are mailed to the students at the end of the semester. In addition, the students can also view their transcripts and academic progress online through the Campus Management System.

- EVALUATION AND IMPROVEMENT

The process is evaluated in the faculty meetings and periodic meetings of coordinators and the Head of Department.

**Standard 5-3: The process of recruiting and retaining highly qualified faculty members must be in place and clearly documented. Also processes and procedures for faculty evaluation, promotion must be consistent with institution mission statement. These processes must be periodically evaluated to ensure that it is meeting with its objectives.**

The process of hiring qualified faculty at all levels (i.e. lecturers, assistant professors, associate professors etc) is kept in strict accordance with the criteria set by HEC and BNU. Applicants who meet the minimum criteria are interviewed by the Director IP and are asked to give mock lectures. The names of the candidates are then recommended to the selection board, which comprises of the Vice Chancellor and the Board of Governors of BNU then interviews the candidates to give the final approval.

Selected faculties is offered competitive salary packages as recommended by HEC and are encouraged to improve their qualification and number of publications by carrying out research projects on topics of their interest.

Faculty evaluation by students and their own evaluation of their performance is obtained at the end of each semester and is communicated to the faculty so that they can improve upon their weaknesses.

Promotions are based on successfully fulfilling the criteria set by HEC, upon completion of which the Dean recommends the faculty members name for promotion to the Vice Chancellor.

**Standard 5-4: The process and procedures used to ensure that teaching and delivery of course material to the students emphasizes active learning and that course learning outcomes are met. The process must be periodically evaluated to ensure that it is meeting its objectives.**



Faculty and Course Evaluation Performas provided by HEC are filled for each faculty member and course at the end of every semester, evaluations are then entered in computer, and the entire data is sent to Quality Assurance Department for further processing. The QA department then prepares the summary for each course and faculty member and this summary is presented to the Dean, who then discusses it with the concerning faculty members. This ensures faculty improvement for the next courses.

These evaluations objectively identify whether the course has met the specified learning outcomes and whether the method used for teaching the course was interactive and effective. These evaluations further specify the strengths and weaknesses for each faculty member and provide them with an opportunity to work on their weaknesses. Based on these evaluations faculty members take necessary action to overcome any problems faced by students and devise ways to enhance students understanding of the course.

**Standard 5-5: The process that ensures that graduates have completed the requirements of the program must be based on standards, effective and clearly documented procedures. This process must be periodically evaluated to ensure that it is meeting its objectives.**

The Office of Institute of Psychology maintains complete records of the students. These records are reviewed at the start and end of every semester to ensure the student is progressing and meeting all requirements of the program. The Registrar Office also maintain files on each student. These files contain past and ongoing academic record of the students. At the end of each semester these records are reviewed as a means to check student performance.

In addition the Examination Department send result summaries of the graduating batch before and during their last year of the degree program so that students can be informed timely if they are short of any requirement and are also advised how to complete these requirements in order to complete their degree requirement on time.

## Criterion 6: FACULTY

Faculty members must be current and active in their discipline and have the necessary technical depth and breadth to support the program. There must be enough faculty members to provide continuity and stability, to cover the curriculum adequately and effectively, and to allow for scholarly activities. To meet this criterion the standards in this section must be satisfied.

**Standard 6-1: There must be enough full time faculties who are committed to the program to provide adequate coverage of the program areas/courses with continuity and stability. The interests and qualifications of all faculty members must be sufficient to teach all courses, plan, modify and update courses and curricula. All faculty members must have a level of competence that would normally be obtained through graduate work in the discipline. The majority of the faculty must hold a Ph.D. in the discipline.**

- Complete the following table indicating program areas and number of faculty in each area.

S r · #	Course Code	Courses	Cr.Hr	Teacher	Qualification
1.	PSY 101	Introduction to Perspectives in Psychology	3	Dr Amna Butt	PhD (Local)
2.	PSY 110	Psychosocial Influences on Behavior	3	Ms. Fatima Nadeem	MS
3.	PSY 115	Cognition: Sensation, Perception and Emotion	3	Ms Rabia Waqar Khan	MS
4.	PSY 135	Exercise in Psychological Investigation	2	Ms.Rawa Haider	M.Sc. (Foreign)
	PSY 340	Summer Project Internship and Case Reports	3	Ms.Rabia Waqar Khan	MS
6	PSY 105	Biological Basis of Behavior	3	Ms.Rawa Haider	M.Sc. (Foreign)
7	PSY 120	Statistics in Psychology	4	Ms.Khadeja Tahir	MS

8	PSY 125	Cognition: Learning, Memory and Intelligence	3	Ms.Fatima Nadeem	MS
9	PSY 201	Research Methodologies and Application	3	Ms.Fatima Nadeem	MS
10	PSY 205	Child Psychopathology	3	Ms.Rabia Waqar Khan	MS
11	PSY 210	Developmental Psychology	3	Ms.Rawa Haider	M.Sc. (Foreign)
12	PSY 310	School Psychology	3	Ms.Aman Karim	MS
13	PSY 220	Psychometrics	4	Dr. Farhat Jamil	PhD (Local)
14	PSY 225	Adult Psychopathology	3	Dr. Amna Butt	PhD (Local)
15	PSY 230	Applied Statistics	4	Ms.Khadeja Tahir	MS
16	PSY 235	Social Cognition	3	Ms.Fatima Nadeem	MS
17	PSY 411	Gender Psychology	3	Ms.Fatima Nadeem	MS
18	PSY 405	Human Resource Management	3	Ms.Rawa Haider	MSc (Foreign)
19	PSY 315	Therapeutic Interventions in Clinical Psychology	4	Ms.Aman Karim	MS
20	PSY 320	Counseling Psychology	3	Ms.Aman Karim	MS
21	PSY 408	Debates on Current Trends and Issues in Psychology	4	Dr. Ruhi Khalid	PhD (Foreign)
22	PSY 335	Behavioral & Cognitive Neuroscience	3	Ms.Rabia Waqar Khan	MS
23	PSY 345	Personality	3	Ms.Rabia Waqar Khan	MS
24	PSY 470	Research Project I	4	Dr. Ruhi Khalid & Dr. Farhat Jamil	PhD (Foreign) PhD (Local)
25	PSY 415	Psychological Report Writing/Case Studies	4	Ms.Aman Karim	MS
26	PSY 460	Environmental Psychology	3	Ms. Rawa Haider	M.Sc. (Foreign)
27	PSY 471	Research Project II	4	Dr. Ruhi Khalid & Dr. Farhat Jamil	PhD (Foreign) PhD (Local)
28	PSY 455	Ethical and Professional Issues	3	Ms.Rawa Haider	M.Sc. (Foreign)
29	PSY 465	Organizational	3	Ms.Rawa	M.Sc. (Foreign)

		Behavior		Haider	
30	PSY 404	Seminars on Indigenous and Cross-Cultural Developments in Psychology	4	Dr. Ruhi Khalid	PhD (Foreign)
31	PSY 356	Forensic Psychology	3	Dr. Amna Butt	PhD (Local)
32	PSY 409	Dissemination of Research Work	2	Dr. Ruhi Khalid	PhD (Foreign)

**Table 4.6: Faculty distribution by program areas/course**

**Standard 6-2: All faculty members must remain current in the discipline and sufficient time must be provided for scholarly activities and professional development. Also, effective programs for faculty development must be in place.**

All faculty members at the Institute of Psychology at the minimum have either an MS/M.Phil degree (local) or Masters Degree (foreign) in different sub-fields of Psychology. The faculty is encouraged to update their knowledge by reading latest books and researches published in their respective specialized areas of psychology. They are also encouraged to enhance their qualification by means of faculty development program in which faculty is offered scholarships to pursue higher degrees such as PhD program.

The full time faculty members are assigned a maximum load of three courses which entails 9 to 12 semester credit hour of student contact. Keeping in view this load the fulltime faculty has sufficient time for Professional Development. Moreover faculty is encouraged to participate in seminars, workshops and conferences in the area of their interest.

**Standard 6-3: All faculty members should be motivated and have job satisfaction to excel in their profession.**

BNU offers a congenial working environment for its faculty which is conducive for teaching and research. Faculty offices are air-conditioned and are provided with individual workstations with internet access.

Faculty have access to all the books at BNU library in addition to HEC's digital library, they have access to latest research articles on JSTOR and Springer link etc. Faculty is also encouraged to undertake professional development and training at discounted rates, subject to providing a service bond.

The faculty is also provided a research publication incentive for publishing their research work in national and international journals of high impact factors.

In addition they are also encouraged to attend workshops to learn about the advancement in their fields of

interest and to equip themselves with the use of newer and newer technology and data analysis techniques Faculty appraisals are also carried out annually and increments are awarded subject to the appraisal. All the above features help in motivating the faculty and enhancing their job satisfaction. Research publication incentive is also provided to faculty in order to motivate them to publish their work in reputed research journals

## **Criterion 7: INSTITUTIONAL FACILITIES**

**Standard 7-1: The institution must have the infrastructure to support new trends in learning such as e-learning.**

*Please refer to Criterion 6*

**Standard 7-2: The library must possess an up-to-date technical collection relevant to the program and must be adequately staffed with professional personnel.**

### **Library Services**

BNU library is providing following services to its users

- Circulation Service
- Reference Service
- Reservation of books
- Recommendation of library material
- Current Awareness Service
- Inter Library Loan Service
- Photocopying / Scanning Service
- Orientation and Information Sessions
- Selective Dissemination of Information
- Audio Visual Service

### **Shifting of library**

BNU library was shifted in December 2019 into a newly state of the art library (7200 sf) situated in Recourse Center Block. In this newly constructed library there are three main sections (a) Circulation Section, at the entrance of the library. (b) Reference & Research Section, where 07 computers are placed and research dissertations and thesis are arranged in this section to facilitate BNU research scholars. (C) Technical Section, which provides technical services to complete the newly purchased/gifted items of the library.

### **Research Workshops/Seminars**

BNU library is providing services in promoting research culture in university for this purpose research workshops/seminars are being held in all BNU schools to facilitate the research scholars that how can the easily access BNU and other online resources whining the university and from home? During the academic year 2019-20 BNU library arranged 10 research workshops seminars to enhance the research abilities of the scholars. Experts, educationists and professionals from outside the campus especially Dr. Muhammad Tariq (academician, researcher, library professional and a trainer) was also invited to facilitate the BNU research scholars.

### **Library Database**

BNU library is working with ITRC team on customization of a Library Management System that fulfills the all requirements to meet the modern library trends. Main features of this Management Systems are mentioned bellow.

- Acquisition
- Cataloging
- Memberships
- Circulation
- Reports
- Web OPAC
- Serials
- Data Exchange
- Standards
- Digital Library
- Management

- Institutional Research Repository

BNU library is also working on BNU Research repository where the user will be able to check the research work of the university researchers online.

### **Professional Development**

The librarians have been trained in MARC records development and cataloging in a new integrated Library System (Libxol). Furthermore, all library staff is trained to meet the modern Library and Information Science trends. Training in the use of the software and Archives and Records Management is given to library professionals. The need for this has arisen as a new Archives and a Records Management program has been initiated at the University.

### **Library Committee**

The BNU Library is guided by the Library Committee for effective management. Dean, Heads of schools are members and library liaisons are nominated from all departments.

### **Annual Report**

Librarian prepares an annual report to present to the Vice Chancellor of the University, highlighting the accomplishment, problems and needs of the library. Utilization of resources and statistical data is presented in this report.

### **Books (print from)**

Total:	16064
During 2020-2021:	264
Books (Electronic):	148000 (through e-brary) & 6500 PDF
Reports:	2283
DVDs:	1056 (E-Movies 3500)
Art Catalog:	1181

### **Government Documents:**

Pakistan Economic Survey 1980 to 2019-20

State Bank of Pakistan Report  
 All 5 years Plans (Soft Copy is also available)  
 Annual Plans (Soft Copy is also available)  
 50 Years Pakistan Statistics of Pakistan  
 Ten Years Perspective Development Plan 2001-11  
 Pakistan Education Policy  
 Pakistan Education Statistics 2007-2008  
 Pakistan Demographic & health Survey 2006-07  
 District Census Reports 1998  
 HEC Annual Reports  
 HEC Curriculums 2009, 2010  
 Judicial statistics of Pakistan Annual Reports  
 Punjab Development Statistics  
 Pakistan Engineering Congress Reports sessions 1983, 1984, 1985, 1992  
 Pakistan in the 21<sup>st</sup> Century: Vision 2030  
 Promise, Policy, Performance: Two Years of People Government 2008-2010

### **Library Budget**

- Annual Budget of BNU Library is Rs. 5.9 million

### **BNU Publications (Thesis)**

Institute of Psychology:	173
School of Education:	267
School of Mass Communication:	329
SMC TFT:	99
SLASS-Economics:	25
SLASS DLA:	66
School of IT:	288
IPP Reports:	2008-2014
The Maya Tree: Vol. 1	Fall 2009
Students Degree Shows:	Annually
Prospectus:	Annually



SVAD/SA Prospectus:	Annually
Faculty Catalogs	Arts Catalogs
Convocation Gazette:	1 <sup>st</sup> – 15 <sup>th</sup>
BNU Gazette (news letter)	3 /years
Research Journals (Print)	050
Research Journals (electronic)	6277

**BNU Library URL:**

<http://www.bnu.edu.pk>

**Library Members**

Total Library Membership:	3132
Faculty:	335
Students:	2689
Staff:	106

**Digital Library**

**ProQuest Dissertations & Theses**

ProQuest Dissertations & Theses Global is the world's most comprehensive collection of dissertations and theses from around the world, spanning from 1743 to the present day and offering full text for graduate works added since 1997, along with selected full text for works written prior to 1997. It contains a significant amount of new international dissertations and theses both in citations and in full text.

Access URL: <https://search.proquest.com/pqdtglobal?accountid=135034>

**Subject Strengths**

- Business and Economics
- Medical Sciences
- Science
- Technology
- Agriculture
- Social Sciences

- Arts
- Humanities

## **Ebrary**

### **Content Available**

**eBrary** offers a wide variety of content across many subject areas, especially in business and social science. It acquires integrated collections of eBooks and other content. ebrary continues to add quality eBooks and other authoritative titles to their selection from the world's leading academic and professional publishers.

- Users will be able to copy paste each page and **download a book for 15 days( after 15 days it can be downloaded again)**
- **All** Institutions will be able to access all subject collections
- **142,000** e-Books will be accessible

### **Ebrary Search Guide: Access Ebrary User Guide**

#### **Access URLs For HEC Only:**

<https://ebookcentral.proquest.com/lib/hec-ebooks/home.action>

Other institutions may access from their webpages.

**Publishing Partners** list of partners who are participating in ebrary available in library.

#### **Service Strengths:**

- Agriculture
- Auxiliary Sciences of History
- Bibliography, Library Science, Information Resources (General)
- Education
- Fine Arts
- General Works
- Geography, Anthropology, Recreation
- History (General) and History of Europe
- History: America

- Language and Literature
- Law
- Medicine
- Military Science
- Music and Books on Music
- Naval Science
- Philosophy, Psychology, Religion
- Political Science
- Science
- Social Sciences
- Technology

**Ebrary Does research:**

- Discover content from leading publishers
- Optimize online viewing and navigation with the ebrary Reader
- Expand your research with InfoTools
- Save and manage research through a Personal Bookshelf and automatic citations

**Institute for Operations Research and the Management Sciences (INFORMS)**

**Available Contents**

INFORMS publishes 12 scholarly journals, including a journal for the practice of OR/MS (Interfaces), as well as an on-line open access journal (INFORMS Transactions on Education).

**Access URL:** <http://journals.informs.org>

**License Agreed:** Available to all public and selected private universities and some other eligible institutes

**Subject Strengths**

- Operations Research
- Management Science

- Analytics
- Operations Management
- Information Systems
- Decision Analysis
- Research Theory
- Marketing Research and Science
- Computing and Information Technologies
- Research Theory
- Strategic Management
- Mathematical TheorySupply Chain Management

### **Service Strengths**

- Full text of 12 INFORMS titles available, current year dating back to 1998
- Clean interface and excellent navigation
- In depth title information for each journal
- Free table of contents alerting service available for all users, for all titles: [eTOC Alerts](#)
- [Articles in Advance](#) of publication information service
- Full-text articles available in PDF
- Comprehensive search facility
- Reference linking through Cross-Ref
- COUNTER2-compliant reporting on usage statistics

### **2012 INFORMS Journals: [Full Text Listing](#)**

#### **JSTOR**

- Content in JSTOR spans many disciplines, with over 500 high-quality publications available in the archive.
- JSTOR provides the ability to retrieve high-resolution, scanned images of journal issues and pages as they were originally designed, printed, and illustrated.

#### **Springerlink**

## Available Contents

Springer is the world's second largest STM publisher, delivering high quality peer-reviewed journals through its acclaimed online service - SpringerLink. Through SpringerLink, Springer publishes more than 1,250 journals online of which 1,030 are now available to Institutes within a range of PERI countries. Springer also offers optional pricing for the remaining (new and takeover journals in its programme). The [www.SpringerLink.com](http://www.SpringerLink.com) website lists a vast collection of Springer electronic products including: e-journals, 'Historical Archives' of e-journals, e-book series, 'Historical Archives' of e-book series, e-books and e-reference works. Most INASP-PERI subscribers have 'paid' access to selective e-journals only and none of these other electronic products. All e-journals that your institution does have access to are clearly highlighted with a 'green box' next to the article. In addition to this all 'paid' INASP-PERI subscribers will have free access to the Abstracts of all Springer e-journals and also - where available- to the abstracts (only – not the full text) in Springer's Historical Archives.

**License Agreed:** Country wide access available to all public & private sector universities and non-profit indigenous R&D organizations.

**Access URL:** <https://link.springer.com/>

## Subject Strengths

- Astronomy
- Behavioral & Social sciences
- Chemical sciences
- Computer science
- Economics
- Engineering
- Environmental sciences
- Geosciences
- Humanities
- Law
- Life sciences
- Mathematics
- Medicine
- Physics

## Service Strengths

- Full text of Springer journals available, with back files ranging from 1997 onwards

- Online First service delivers journal articles in PDF or HTML format ahead of their print publication
- In-depth title information for each journal
- Free Table of Contents alerting service available for all users, for all titles
- State-of-the-art linking capabilities ensure users of SpringerLink are connected to the wider literature wherever possible
- Most of the articles available in HTML and PDF
- Comprehensive search functionality
- User statistics available

### **Full Title Listings: Journal Listings**

#### **Taylor & Francis Journals**

More than 1,300 titles in humanities, social sciences and applied sciences.

**Access URL:** <http://www.tandfonline.com>

**Access T&F User Guide:** <http://www.tandfonline.com/page/librarians>

**License Agreed:** Available to all public and selected private universities and some other eligible institutes

#### **Subject Strengths**

- |                                    |   |
|------------------------------------|---|
| • Arts & Humanities                | • Library & Information Science           |
| • Anthropology & Archaeology       | • Mathematics & Statistics                |
| • Behavioral Science               | • Media, Cultural & Communication Studies |
| • Business, Management & Economics | • Physics                                 |

- Chemistry
- Criminology & Law
- Education
- Engineering, Computing & Technology
- Environment & Agriculture
- Geography, Planning, Urban & Environment
- Politics, International Relations & Area Studies
- Public Health & Social Care
- Sociology & Related Disciplines
- Sport, Leisure & Tourism
- Strategic, Defense & Security Studies

### **Service Strengths**

- Alerting Services

To keep up to date with the latest research in your area the Taylor & Francis Online platform has a number of alerting services available including:

- New Issue Alerts generate an alert for new issues of journals in your chosen areas. Publication Alerts generate an alert for new publications within your chosen subject area.
- Citation Alerts generate an alert when new citations of your chosen articles, chapters or records appear.
- iFirst Alerts receive alerts on new articles in your field once they have been accepted for publication.
- Search Alerts displays your saved searches.
- RSS feeds receive a feed of the latest articles published in your chosen publication.

### **2017 Full Title Listings: Journal Listings**

Impact Factor:

Over 780 journals are listed in the 2010 Thomson Reuters, Journal Citation Reports®.

### **Wiley - Blackwell Journals**

**Content Available**

Wiley-Interscience is an STM (Science, technology, and Medicine) and SSH (Social Sciences and Humanities) publisher. Introduced in 1997, Wiley InterScience is a leading international resource for scientific, technical, medical and scholarly content

In June 2008, Wiley InterScience incorporated the online content formerly hosted on Blackwell Synergy to provide access across 1,234 journals in science, technology, medicine, humanities and social sciences. Since the Blackwell-Synergy merger with Wiley-Interscience, all the journals available to HEC consortium are now available through Wiley-Interscience.

**Access URL:** <http://www3.interscience.wiley.com/>

**Licence Agreed:** Available to all DL registered universities/institutes

### **Wiley-Blackwell Journal List**

**Journal Listings** available in library

### **Subject Strengths**

- Agriculture, Aquaculture & Food Science
- Architecture & Planning
- Art & Applied Arts
- Business, Economics, Finance & Accounting
- Chemistry
- Computer Science & Information Technology
- Earth, Space & Environmental Sciences
- Humanities
- Law & Criminology
- Life Sciences
- Mathematics & Statistics
- Medicine
- Nursing, Dentistry & Healthcare
- Physical Sciences & Engineering
- Psychology



- Social & Behavioral Sciences
- Veterinary Medicine

The following journals offer free online access to developing economies, based on either programs such as HINARI, or on a HighWire-based program offering access to countries appearing in the World Bank's list of "low income economies," plus Djibouti. Individual publishers use the list from the World Bank as a guideline for determining their policies, so some variation in access per publisher does occur. You do not need to sign up for this service as our software automatically detects the country you are connecting from and grants access accordingly.

- AAP Grand Rounds
- AAP News
- Academic Emergency Medicine
- Academic Psychiatry
- Advances in Physiology Education
- American Journal of Geriatric Psychiatry
- American Journal of Psychiatry
- American Journal of Public Health
- Annals of Internal Medicine
- ASH Education Program Book
- BMJ
- Experimental Biology and Medicine
- Health Affairs
- Hypertension
- Journal of Clinical Endocrinology & Metabolism
- Journal of Clinical Investigation
- Journal of Experimental Medicine
- The Journal of General Physiology
- Journal of Neuropsychiatry and Clinical Neurosciences
- Journal of Nuclear Medicine
- Journal of Nuclear Medicine Technology
- Journal of Ultrasound in Medicine

- British Journal of Radiology
- British Journal of Sports Medicine
- CA: A Cancer Journal for Clinicians
- Canadian Medical Association Journal
- Chest
- Circulation
- Clinical Chemistry
- Dentomaxillofacial Radiology
- Diabetes
- Diabetes Care
- Diabetes Spectrum
- Endocrine Reviews
- Endocrinology
- Molecular Biology of the Cell
- Molecular Endocrinology
- NeoReviews
- New England Journal of Medicine
- The Oncologist
- Pediatrics
- Pediatrics in Review
- Psychiatric Services
- Psychosomatics
- Recent Progress in Hormone Research
- Red Book Online
- The Journal of Cell Biology

The International Community Trust for Health and Educational Services (ICTHES World Care) publishes four medical journals:

- **Community Dermatology**

Supported by some of the UK's leading skin specialists, 'CD' seeks to provide health workers with up-to-date and relevant information on the diagnosis and treatment of skin disease, and the general promotion of skin health within their communities. This publication, in particular, has many photographs and other illustrations to aid health workers in diagnosis and treatment.

- **Community Ear and Hearing Health**

Produced in partnership with the World Health Organization and Christian Blind Mission, 'CEHH' seeks to deal with the prevention, management and rehabilitation of ear and hearing disorders, whilst at the same time promoting ear and hearing health in developing countries.

- **Developing Mental Health**

Is designed to respond to global mental health issues. Mental health workers are particularly under-resourced in the developing world. It was founded after direct consultation with mental health specialists from 20 developing nations.

- **Repair and Reconstruction**

Addresses major needs throughout the world such as 'Burn Injury', 'Land-Mine Injury', 'Leprosy' and 'Congenital Abnormalities in Children'. Two issues of 'R&R' have already been produced, focusing on 'Burn Injury'. This Journal is produced in partnership with the Overseas Interest Group of the British Association of Plastic Surgeons. Publication is currently suspended for editorial reasons but it is hoped to resume publishing as soon as possible.

**You can read or download PDFs of these journals from this URL:**

**<http://www.icthesworldcare.com/journals.html>**

**Standard 7-3: Classrooms must be adequately equipped and offices must be adequate to enable faculty to carry out their responsibilities.**

**CLASSROOMS:**

All the classrooms in the Institute of Psychology are air-conditioned. All classrooms have in-built multimedia projector/LCD screens to help in the teaching/learning process. The average class size is 25 students so that instruction can be imparted to students in an effective manner. Institute of

Psychology have also IP Main Lab for sufficient accommodation of the students during guest lecture or practical work.

## **FACULTY OFFICES:**

*Please refer to standard 6-3*

### **Criterion 8: Institutional Support**

The Institution's support and the financial resources for the program must be sufficient to provide an environment in which the program can achieve its objectives and retain its strength.

The institution's support and the financial resources for the program are sufficient to provide an environment in which the program can achieve its objectives and retain its strength.

- **BNU HOSTEL**

The construction of BNU Hostels is complete and a state-of-art, purpose-built, on-campus boarding facility is ready and available for occupancy of 74 girls and 80 boys. BNU Hostel compound is a 42,000 sq.ft. segregated wings for girls and boys. Each wing of the facility has appropriately equipped common rooms, pantries on each floor, a visitor's lounge and a laundry.

An adjoining facility to cater to the accommodation needs of international faculty is near completion.

- **LIBRARY**

The BNU Library remains open from 9:00 a.m. – 6:30 p.m. daily, Monday to Friday and for a specific number of hours on Saturday as well. A full-time librarian and assistants provide library information and access. Photocopying facilities are available at cost five days a week, 9:00 a.m. – 6:30 p.m. daily at the student resource center.

- **BNU Library Space Relocation Project**

The first phase of BNU Library relocation project to its original planned location conducted successfully in September 2019. The interior and floor plans were developed by three graduating students of the BNU School of Architecture, Ar. Shahbaz Zafar, Ar. Fahad Rizwan and Ar. Kashif Moaz under the supervision and support from the BNU Student Affairs and Procurement Departments. Our well-stocked facility now occupies a considerable 7,000 square feet of space with

spacious reading areas and an extended reference section.

- **COMPUTER LABS**

All computer labs with access to Internet, scanning and printing (colour & b/w) from 9:00 am. to 6:30 pm. daily Monday to Friday.

- **SPORTS CLUB**

BNU encourages student participation in extracurricular activities and regularly hosts concerts, exhibitions, film screenings and other cultural events. The Sports Club of BNU promotes sports activities among the students by organizing matches throughout the year among different departments as well as with other universities and colleges.

- **STUDENT & ALUMNI AFFAIRS**

The Student Affairs Office under the Directorate of Student Affairs and External Relations coordinates with university's non-academic units for timely resolution of issues brought up by students (cafeteria, transport, hostels and related matters) besides providing support in holding co-curricular activities and ensuring students' co-curricular participation at events outside the university. It also maintains liaison with the university's alumni for their facilitation and assistance wherever needed.

The responsibilities of the department are as follows:

- Conduct orientation and guidance services for new entrants to acquaint them with University life and rules.
- Attend to student grievances and provide support for early resolution of student problems and issues.
- Support and facilitate co-curricular activities by student society's and clubs such as BNU Bestival, BNU Model United Nations (BUMUN) etc.
- Maintain the alumni network (graduate email database) and organize on-campus activities including meet-ups and homecomings.

- **VIRTUAL HEALTH CENTER**

BNU offers a primary care facility to its students, faculty and staff through its on-campus Virtual Health Centre (VHC) in partnership between iHeal and Cloudclirik. The Clinic provides services of regular checkup and basic medical screening to BNU faculty, staff and students. The Clinic is manned by trained nursing staff with the availability of an online panel of general physicians where patients can connect with them face-to-face in real-time via video screen upon request or requirement.

The purpose of VHC is to provide primary care on campus, screen for underlying risks for diabetes and hypertension, provide medical advice, monitor and manage basic health and refer to specialist care where required. Students can get their Blood Pressure, Blood Sugar, Body Mass Index (BMI), Body Temperature, Pulse and Eye Vision evaluated. VHC then creates a wellness profile of each student against a unique ID number which is stored with the Clinic for future visits. Based on any irregularities, a student may be advised appropriate course of action by the medical team. All screenings and visits to the clinic are optional and free-of cost for students.

- **CENTER FOR COUNSELING AND PSYCHOLOGICAL WELL-BEING**

BNU considers the emotional health of student and staff as its top priority. It has established an on-campus Center for Counseling and Psychological Well-being with support from BNU Institute of Psychology. The center aims to provide students with services to help them gain and maintain psychological well-being, featuring a qualified Psychologist on board as the Campus Counselor. Students can seek help from our trained professional in complete confidence regarding any personal, social or other crises they may be facing and discuss the same in a supportive and secure environment.

The aim of the Center is to encourage students' personal, academic & social growth, enhance their problem-solving and decision-making capabilities and to ultimately enable them to face various life challenges in a wholesome manner.

- **CAFETERIA AND RESOURCE CENTER**

The BNU cafeteria block is a three-story well-furnished facility spread on 18000 sq. ft. area and with seating capacity for over 3000 persons at a time. The basement and the ground floor are completely operational while the upper ground floor is reserved for special occasions and gala buffet events. A cafeteria quality assurance committee with representatives from faculty and management

ensures maintenance of highest standards in quality and hygiene and diversity of cuisine at economical prices through surprise visits and regular in-person meetings with the cafeteria management and staff. Periodic medical health examination and diagnostic tests of chefs and waiters is conducted.

- **CAREER PLACEMENT OFFICE**

BNU has established a Career Placement Office under the Directorate of Student Affairs and External Relations that serves Career Placement needs of students and graduates. The services include Academic Counseling, Professional Counseling, Job Placement, internship facilitation and enabling students for self-employment and start-up business opportunities.

The responsibilities of this department include the following services:

- Undertake career counseling of prospective applicants as well as parents during admissions cycle.
- Provide career guidance services to students, facilitate internship programs and build liaison with industry for job placements.
- Conduct Job Fairs, Recruitment Drives, Employer Meet-ups, and Screening Interviews for graduates and graduating students.
- Develop and maintain a graduate directory of recent graduates.
- Liaise with the United States Education Foundation in Pakistan and British Council, UK and explore other international education opportunities for students and keeping them informed on international fellowships and scholarship
- Extend support for international exchange semesters and summer (Turkey, USA, Germany etc.)
- Facilitate start-up incubation at Plan9 Technology Incubator, The Indus Entrepreneurs (TiE) Lahore Chapter, NetSol Nspire Program, National Incubation Center, The Nest
- I/O, WomenX Pakistan for mentoring of students and alumni to capitalize on their entrepreneurial potential.

**Table: University Wise Facilities:**

<b>Name of Facility</b>	<b>Quantity</b>	<b>Total Area/ Size (where applicable)</b>	<b>Total Capacity</b>
Sport Grounds/Courts (Cricket/Hockey/Football/Squash Court etc.)	2	326700	-
Religious Places ( Mosque/Church/Temple etc)	2	4043	185
Hostels for Boys	1	10051	78
Hostels for Girls	1	9579	72
Hostels for Faculty Members (Male)	1	4720	8
Hostels for Faculty Members (Female)	Combine	Combine	Combine
Auditorium(s)	3	6208	366
Laboratories (Computer Lab)	12	8136	400
Libraries	1	7200	100
Classrooms	67	64587	2348
Cars	-	-	-
Buses	-	-	-
Coasters/Hiaces	15	-	375
Cafeterias	1	18014	800
Wi-Fi Hotspots	63	-	-
CCTV Cameras	58	-	-
Generator(s)	14	-	-
ATMs	2	-	-
Trees	750	-	-
Any other important facility (Medical Facility)	1	-	-

**Standard 8-1: There must be sufficient support and financial resources to attract and retain high quality faculty and provide the means for them to maintain competence as teachers and scholars.**



The Institute of Psychology offers competitive salaries to its faculty in addition to the following benefits i.e. Provident Fund, Annual Leave, Medical Leave, and Medical Insurance.

The Institute allocates sufficient budget for faculty development programs. Separate budget is kept for research-based activities and for faculty participation in workshops, conferences etc thus supporting the faculty in carrying out teaching and research based activities.

Moreover Institute of Psychology has 1 coordinator and 2 Lab assistants to handle administrative tasks so that faculty can devote more time to teaching and research projects.

**Standard 8-2: There must be an adequate number of high quality graduate students, research assistants and Ph.D. students.**

The Institute of Psychology has been running the MS and M.Phil Programs since 2008 with average intake of 20-25 students per year. In addition the Institute launched its PhD program in 2011, currently 2 students are enrolled in the PhD program and have completed their coursework requirements and working on their dissertations with many more applying to enroll for PhD program at the Institute of Psychology. Since the launch of the PhD program, 3 students have been awarded PhD degrees. The department has one Research Assistant who is responsible for assisting the research supervisor with the student's research work.

With the staff to student ratio of 1:20 the institute has been able to provide high quality education and guidance to its graduates students leading to increase in the number of applicants every year.

**Standard 8-3: Financial resources must be provided to acquire and maintain Library holdings, laboratories and computing facilities.**

- **LIBRARY**

*Please refer to standard 7-2*

- **LABORATORY**

*Please refer to criterion 3*

- **COMPUTING FACILITIES**

*Please refer to criterion 3*

# Rubric Form



## Beaconhouse National University

**Institute of Psychology**

**(B.Sc. (Hons) in Applied Psychology)**

*Prepared by: Program Team of Institute of Psychology*

*Presented by: Quality Assurance Department*

<b>Criterion 1 - Program Mission, Objectives and Outcomes</b>	<b>Weight = 0.05</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Does the program have documented outcomes for graduating students?	5				
Do these outcomes support the program objectives?	5				
Are the graduating students capable of performing these outcomes?	5				
Does the department assess its overall performance periodically using quantifiable measures?	5				
Is the result of the program assessment documented?	5				
<b>Total Encircled Value (TV)</b>	<b>25</b>				
<b>Score 1 (S1) = {TV / (No. of Questions * 5)} * 100 * Weight</b>	<b>5.00</b>				

<b>Criterion 2 - Curriculum Design and Organization</b>	<b>Weight = 0.20</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Is the curriculum consistent?	5				
Does the curriculum support the program's documented objectives?	5				
Are theoretical background, problem analysis and solution design stressed within the program's core material	5				
Does the curriculum satisfy the core requirements laid down by respective accreditation bodies? (Refer to appendix A of the Self Assessment Report Manual)	5				
Does the curriculum satisfy the major requirements laid down by HEC and the respective councils / accreditation bodies? (Refer to	5				

appendix A of Self Assessment Manual)					
Does the curriculum satisfy the general education, arts and professional and other discipline requirements as laid down by the respective body / councils? (Refer to appendix A of Self Assessment Manual)	5				
Is the information technology component integrated throughout the program?	5				
Are oral and written skills of the students developed and applied in the program?	5				
Total Encircled Value (TV)	40				
<b>Score 2 (S2) = {TV / (No. of Questions * 5)} * 100 * Weight</b>	<b>20.00</b>				

<b>Criterion 3 - Laboratories and Computing Facilities</b>	<b>Weight = 0.10</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Are laboratory manuals / documentation / instructions etc. for experiments available and ready accessible of faculty and students?	5				
Are there adequate number of support personnel for instruction and maintaining the laboratories?	5				
Are the University's infrastructure and facilities adequate to support the program's objectives?		4			
Total Encircled Value (TV)	<b>14</b>				
<b>Score 3 (S3) = {TV / (No. of Questions * 5)} * 100 * Weight</b>	<b>9.33</b>				

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<b>Criterion 4 - Student Support and Advising</b>	<b>Weight = 0.10</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Are the courses being offered in sufficient frequency and number for the students to complete the program in a timely manner?	5				
Are the courses in the major area structured to optimize interaction between the students, faculty and teaching assistants?	5				
Does the University provide academic advising on course decisions and career choices to all students?	5				
<b>Total Encircled Value (TV)</b>	<b>15</b>				
<b>Score 4 (S4) = {TV / (No. of Questions * 5)} * 100 * Weight</b>	<b>10.00</b>				

<b>Criterion 5 - Process Control</b>	<b>Weight = 0.15</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Is the process to enroll students to a program based on quantitative and qualitative criteria?	5				
Is the process above clearly documented and periodically evaluated to ensure that it is meeting its objectives?	5				
Is the process to register students in the program and monitoring their progress documented?	5				
Is the process above periodically evaluated to ensure that it is meeting its objectives?	5				
Is the process to recruit and retain faculty in place and documented?	5				
Are the processes for faculty evolution & promotion consistent with the institution mission?	5				
Are the processes in 5 and 6 above periodically evaluated to ensure that they are meeting their objectives?	5				

Do the processes and procedures ensure that teaching and delivery of course material emphasize active learning and that course learning outcomes are met?	5				
Is the process in 8 above periodically evaluated to ensure that it is meeting its objectives?	5				
Is the process to ensure that graduates have completed the requirements of the program based on standards and documented procedures?	5				
Is the process in 10 above periodically evaluated to ensure that it is meeting its objectives?	5				
Total Encircled Value (TV)	<b>55</b>				
<b>Score 5 (S5) = {TV / (No. of Questions * 5 )} * 100 * Weight</b>	<b>15.00</b>				

<b>Criterion 6 - Faculty</b>	<b>Weight = 0.20</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Are there enough full time faculty members to provide adequate coverage of the program areas / courses with continuity and stability?	5				
Are the qualifications and interests of faculty members sufficient to teach all courses, plan, modify and update courses and curricula?	5				
Do the faculty members possess a level of competence that would be obtained through graduate work in the discipline?	5				
Do the majority of faculty members hold Ph.D. degree in their discipline?		4			
Do faculty members dedicate sufficient time to research to remain current in their disciplines?	5				
Are there mechanisms in place for faculty development?	5				
Are faculty members motivated and satisfied so as to excel in their professions?	5				
Total Encircled Value (TV)	<b>34</b>				
<b>Score 6 (S6) = {TV / (No. of Questions * 5)} * 100 * Weight</b>	<b>19.43</b>				



<b>Criterion 7 -Institutional Facilities</b>	<b>Weight = 0.10</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Does the institution have the infrastructure to support new trends such as e- learning?		4			
Does the library contain technical collection relevant to the program and is it adequately staffed?	5				
Are the classrooms and offices adequately equipped and capable of helping faculty carry out their responsibilities?	5				
<b>Total Encircled Value (TV)</b>	<b>14</b>				
<b>Score 7 (S7) = {TV / (No. of Questions * 5 )} * 100 * Weight</b>	<b>9.33</b>				

<b>Criterion 8 - Institutional Support</b>	<b>Weight = 0.10</b>				
	<b>Score</b>				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Is there sufficient support and finances to attract and retain high quality faculty?	5				
Are there an adequate numbers of high quality graduate students, teaching assistants and Ph.D. students?	5				
<b>Total Encircled Value (TV)</b>	<b>10</b>				
<b>Score 8 (S8) = {TV / (No. of Questions * 5 )} * 100 * Weight</b>	<b>10.00</b>				

<b>Overall Assessment Score = S1 + S2 + S3 + S4 + S5 + S6 + S7 + S8 =</b>	<b>98.10</b>
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## Annexure A

### Dr. RUHI KHALID CV

Professor &

Director

Beaconhouse National University

Institute of Psychology

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Residence: (92-42)35881102

Beaconhouse National University

Mobile: (92)3214654672

**Email:** rkhalid@bnu.edu.pk**1 PERSONAL**

Name: Dr. Ruhi Khalid

Date of Birth: 27-07-1948

Nationality: Pakistani

Address Office: Director

Institute of Psychology, Beaconhouse National University, 13-km Raiwind Road, Lahore.

**2 POSITIONS****HELD****YEAR**i) Director  
(BNU)

2008-to-date

ii) Professor

- 2004-to-date
- iii) Dean Life Sciences, Punjab University (PU) 2004
  - iv) Chairperson, : Department of Applied Psychology (PU)
- 1999-2003
- v) Professor (PU)
- 1996-2008
- vi) Associate Professor (PU)
- 1991-1996
- vii) Assistant Professor (PU)
- 1978-1991
- viii) Lecturer (PU)
- 1972-1978
- ix) Clinical Psychologist,
- 1971-1972
- x) Social Welfare Department, Govt. of the Punjab  
Warden Girls Hostel

No.1

1977-1982

University of the Punjab

xi) Superintendent Girls Hostel No.1

1975-1977

University of the Punjab

### **3 ACADEMIC RECORD**

#### **YEA**

#### **BOARD/UNIVERSITY**

i)

Post

doctoral

1997-

98

University of Pittsburgh, U.S.A.

(Fullbright Scholar)

ii)

Ph.D.

1985

University of Glasgow, U.K.

(Central Overseas Scholar)

iii) M.Sc.

1970

University of the Punjab, Lahore  
Applied Psychology

iv) B.A.

1968

Kinnaird College, Lahore

v) Higher  
Secondary

1966

Board of Secondary Education,

Lahore

vi) Senior  
Cambridge

1964

Cambridge University, U.K.

#### **4 OTHER FORMAL TRAINING AND EDUCATION**

**Certificate** Training workshop “Handling Difficult People”. Organized by John Copeman, Lestershire University, sponsored by the British Council. March, 2004.

- Certificate** Training Workshop on “Diagnosing Posttraumatic Stress Disorder (PTSD)”, at the University of Glasgow, organized for In Service Clinical Psychologists, Association of Clinical Psychologists, U.K., in October, 2002.
- Certificate** Training workshop on “Gender and Governance” organized by Women Research and Resource Centre, Fatima Jinnah Women University, Rawalpindi, March, 2001.
- Certificate** Training National Workshop on “The Role of Media and IT in the Promotion of Mental Health Literacy”, organized by the Department of Psychiatry, CMH with WHO Collaboration, the Center for Mental Health Research and Training, Pakistan, August 17-19, 2001.
- Certificate** Training workshop on “Projective Techniques”, organized by the Department of Applied Psychology, University of the Punjab, April, 2000.
- Certificate** Training workshop on “Post-Traumatic Stress Disorders”, organized by the Department of Applied Psychology, University of the Punjab, April 28, 2000.
- Certificate** International Training Course on “Trauma Psychology”, sponsored by the University of Missouri, Columbia, International Centre for Psychosocial Trauma, U.S.A., held at Fountain House, Lahore, 2000.
- Certificate** Course on “Internet Access”, UNDP, held at Applied Psychology Department, Punjab University, Lahore, 2000.
- Certificate** Course on “Domestic Violence Intervention”, held by Women’s Centre and Shelter of Greater Pittsburgh, USA, 1998.
- Certificate** Training Program on “Victim Assistance”, conducted by Allegheny Centre for Victims of Violent Crime, USA, 1998.
- Certificate** Training Workshop on “Crisis Intervention for Female Cancer Patients”, held



by Maghee Hospital, Pittsburgh, USA, 1997.

**Certificate** Training Workshop on “Child Abuse and Psychological Intervention”, organized by University of Pittsburgh, USA, 1997.

**Certificate** Training Workshop on “Therapeutic Power of Imagery”, held at Government College, Lahore, 1994.

**Certificate** Training Certificate Course on “Neuro Physics”, held at the International Center for High Energy Physics Trieste, Italy, March, 1992.

**Certificate** Training Workshop on "Management of Anger", at the 7th International Conference of Foster Care, held at Jonkoping, Sweden, 27th July to 3rd August, 1991.

**Certificate** Training Workshop on "Stress Management ", at the 7th International Conference of Foster Care, held at Jonkoping, Sweden, 27th July to 3rd August, 1991.

**Certificate** Training Workshop on “Research Methods in Psychology”, held at the National Institute of Psychology, Islamabad, 1980.

## **5 ORGANIZATIONAL AND ADMINISTRATIVE EXPERIENCE**

1. Established Counseling Cell at Beaconhouse National University, 2016
2. Established Institute of Psychology at Beaconhouse National University, 2008
3. Established Applied Psychology Department at Beaconhouse National University, 2004
4. Associate Dean Punjab University, 2003-2004
5. Chairperson Department of Applied Psychology, PU, 1999-2003
6. Established Higher Education link with the Department of Clinical and Health Psychology, University College London, funded by DFID and managed by British Council, Lahore, for three years 2001-2004.
7. Convener Board of Studies for Psychology and Applied Psychology. 2002-2004

8. Convener Board of Studies for Applied Psychology. 1999-2002
9. Established Psychological Evaluation Cell in the Department of Applied Psychology. 1999.
10. Developed M.Phil & Ph.D. regular programs in the Department of Applied Psychology, (1999).
11. Introduced Semester System in the Department of Applied Psychology 2002.
12. Established Evening M.Sc. program in the Department of Applied Psychology. 2002
13. Developed Counselling facilities for students in the Department of Applied Psychology. 1999.
14. Established Computer lab in the Department of Applied Psychology and introduced computer courses, in Psychology / Applied Psychology 2000.
15. Revised and introduced new courses for M.Sc. M. Phil and Ph.D in Applied Psychology and Psychology. (1999, 2001, 2003, 2004, 2005).
16. Warden Girls Hostel No. 1 Punjab University, from 1972-1974.
17. Student Advisor and Co-ordinator, Department of Applied Psychology, Punjab University, from 1973-1981; 1985-1997.

## **6 MEMBERSHIP OF ADMINISTRATIVE / ACADEMIC BODIES**

- 1 Member of Technical Advisory Committee of Punjab Healthcare Commission, 2020
- 2 Member PPSC (Punjab Public Service Commission)
- 3 Member of the Punjab Mental Health Authority Task Force
- 4 Member American Psychological Association, to date
  
- 5 Member British Psychological Association, to date
  
- 6 Member HEC Curriculum Development of Gender Studies, 2016
- 7 Member Board of Governors Urdu Science Board, Government of Pakistan. 1999-2004.
  
- 8 Member Executive Committee Urdu Science Board, Government of Pakistan. 1999-2004.
  
- 9 Member Intra University Course Curricular Committee. 2005

- 10 Member World Women's Mental Health Organization (UK). 1999- 2008
- 11 Member International Women's Association, Pittsburgh (USA). 1997-1998
- 12 Member Third World Organization for Women in Science (Italy).1992-to-date.
- 13 Member Task Force, Social Welfare Department, Government of Punjab.(1999-2003).
- 14 Member International Association of Women's Health. 1998 -to-date.
- 15 Member International Foster Care Organization.1992-to-date.
- 16 Member Pakistan Society for Cancer Prevention.1990-to-date.
- 17 Life Member of Pakistani Psychological Association, 1972-to-date.
- 18 Member Advisory Committee Special Education. Social Welfare Government of Punjab 1994-1998.
- 19 Member Organizational Committee Pakistan Psychological Association International Conference, Lahore, Sep 25-28, 1991.
- 20 Member of the Society for the Rehabilitation of the Handicapped Children. 1988-to-date.
- 21 Member Academic Affairs Committee, Afro-Asian Society of Psychology.
- 22 Member Curricular Committee, University Grants Commission. 1976-1999.
- 23 Member Psychologist Forum.
- 24 Vice President Afro-Asian Psychological Association, 1993- 1996.

- 25 Member Board of Studies for Psychology, University of Sargoda.
- 26 Member Board of Studies for Psychology, University of Baluchistan.
- 27 Member Board of Studies for Psychology, Government College University, Lahore.
- 28 Member Board of Studies for Psychology, Beaconhouse National University, Lahore.
- 29 Member Board of Studies for Psychology, Lahore College University, Lahore.
- 26 Convener Board of Studies for Psychology and Applied Psychology, University of the Punjab, Lahore, 1999-2003.
- 27 Member Board of Studies for Psychology and Applied Psychology, University of the Punjab, Lahore, 1986-2005.
- 28
- Member Equivalence Committee of University of the Punjab, Lahore .1999-to-date.
- 29 Member Affiliation Committee for Psychology / Applied Psychology of University of the Punjab, Lahore .1999-2003.
- 30 Member Board of Faculty of Science, University of the Punjab, Lahore. 1986-1989, 1991-1995, 1996-to-date.
- 31 Member Editorial Board, Journal of Humanities, University of the Punjab.
- 32 Member Peer Review Committee, University of the Punjab, Lahore. 2004.
- 33 Member Academic Council, Punjab University, Lahore. 1996-to-date.
- 34 Member Senate University of the Punjab, Lahore. 1996 to date.

- 35 Member Academic Staff Association, University of the Punjab. 1972-to-date.
36. Member Research review Committee University of the Punjab, Lahore, 1998-1999.
- 37 Chairperson Sub-Committee of the Hall Council for Girls Hostels, University of the Punjab, Lahore, 1977-1979.
- 38 Girls Hostel's Student Co-ordinator, University of the Punjab, Lahore, 1977-1980.
- 39 Member Hall Council, University of the Punjab, Lahore, 1975-1981.
- 40 Member of Board of Governors Department of Women Studies, University of the Punjab, Lahore, (1999)

## **7 OTHER PROFESSIONAL EXPERIENCE**

- 1 Evaluator of the Subject Monographs and Text Books. Higher Education Commission. Islamabad.
- 2 Referee for the evaluation for the post of Professor and Associate Professor:
  - a) Government College University
  - b) Quaid-e-Azam University
  - c) Peshawar University
  - d) Bahauddin Zakria University
- 3 Examiner and Paper Setter for the selection of lecturers for the Punjab Public Service Commission in the subject of Psychology and Applied Psychology.
- 4 External Examiner for evaluation of dissertation for M.Sc, M. Phil and Ph.D students:
  - a) University of the Punjab
  - b) Government College University
  - c) Quaid-e-Azam University
  - d) Lahore College for Women University
- 5 Fulbright Post-doctoral Fellowship, 1997-98.

- 6 Visiting fellow University of Glasgow.
- 7 Conducted series of programs on Psychology for Radio Pakistan.
- 8 Consultant Social welfare Department, Government of Punjab.
- 9 Consultant Institute of Chartered Accountants for the Development of Curriculum.
- 10 Reviewer of grants/ awards for H.E.C.
- 11 Representing the University in Federal Public Services Commission's Selection Board for the Subject of Psychology / Applied Psychology.
- 12 Developed Courses for Public Service Commission for the subject of Psychology in 2007.
- 13 Developed Courses for B.A, B.Sc. and M.Sc. for the subject of Psychology and Applied Psychology: for the following university.
- a) University of the Punjab
  - b) Government College University
  - c) Lahore College Women's University
  - d) University of Sargoda
  - e) University of Baluchistan, Quetta
  - f) Beaconhouse National University
- 14 Honorary Social Work Experience
- Family House, Pittsburgh, U.S.A (1979-1998)
- Maghee hospital, Pittsburgh, U.S.A (1977-1998)
- Fountain House in Lahore (1972-2005)
- SOS Village in Lahore
- Children Home in Faisalabad Pakistan
- Society for the Handicap Children (Johar Town) Pakistan.
- Alzheimer Society, Pakistan

## 8. Publications

### a. Research Publications

Research Paper	Published In	Journal Category	Year
1. Journey Towards E-Learning in Pakistan	International Journal of Distance Education and E-Learning, Vol. 5, No. 2, pages 20-44	Y	2020

2. Development and Validation of the Acculturative Stress Scale for Pakistani Muslim Students. Cogent Psychology, Vol. 7, No. 1 0.318 2020
3. A Qualitative Exploration of Educational Experiences of Pakistani Students at Dutch Universities. Pakistan Journal of Social and Clinical Psychology, Vol. 17, No. 2 Y 2019
4. Disciplines of Study, Empathy and Ambivalent Sexism of University Students across Gender EC Psychology and Psychiatry, - 2019  
Vol. 8, No. 6, pages 540-549
5. Narcissism, Personality Traits and Conspicuous Consumption of Brand in Youth European Journal of Behavioral Sciences, Vol. 2, No. 3, pages 20-28 2019
6. Cyber-bullying, Self-Esteem and Interpersonal Trust in Young Adults. Pakistan Journal of Social and Clinical Psychology, Vol. 17, No. 1, pages 38-46 Y 2019
7. Assessment of Temperament in Children with Autism Spectrum Disorders Journal of Pakistan Medical Association, Volume 69, No. 10, pages 1437-1441 0.409 2019
8. Attitude towards honor killings, religious commitment and patriarchal beliefs in young Muslim adults. Conference Proceedings, - 2019  
Psychology of Women and Equalities Section, British Psychological Society, Windsor, UK.
9. Stress and Coping among Parents with Mentally Handicapped Children. Journal of Pakistan Psychiatric Society, Vol. 15, No. 1, pages 36-38 Y 2018
10. Adaptive Functioning Correlates among Children with Autism Spectrum Disorder Rawal Medical Journal, Vol. 43, No. 4, pages 712-716 Y 2018
11. Psychosocial Correlates of Temperament in Children with Intellectual Disabilities International Journal of Social Sciences and Educational Studies, Vol. 5, No. 2, pages 31-41 - 2018

- |     |  |   |      |      |
|-----|--|---|------|------|
| 12. | The Relationship Between Personality Traits, Learning Styles and Academic Performance of E-Learners.         | Open Praxis, International Council for Open and Distance Education, Vol. 10, No. 3, page 249                                | 0.59 | 2018 |
| 13. | Thinking Styles and Belief in Superstitions: Moderating Role of Gender in young Muslim Adults.               | Pakistan Journal of Psychological Research, Vol. 33, No. 2, pages 335-348   | X    | 2018 |
| 14. | Gender Differences in Nutritional Quality of Life in Young and Old adults                                    | Annals of King Edward Medical University (AKEMU), Vol. 24, No. S (2018), pages 872-878                                      | Y    | 2018 |
| 15. | Filial Obligation: Parental Modeling and Gender  | Conference Proceedings, Psychology of Women and Equalities Section, pages 47-59, British Psychological Society, Windsor, UK | -    | 2018 |
| 16. | Adaptation and Validation of COPE Inventory for Earthquake Survivors in Pakistan                             | Journal of Pakistan Psychiatric Society, Vol. 15, No. 1, pages 31-35  | Y    | 2018 |
| 17. | The Relationship of Gender Role Attitudes with Career Aspirations and Career choices among Young Adults      | Pakistan Journal of Psychological Research, Vol. 33, No. 2 (Special Issue), pages 455-471                                   | X    | 2018 |
| 18. | Assessment of Adaptive Functioning of Children with Typical Development Attending Primary Schools in Lahore. | International Journal of Social Sciences and Educational Studies, Vol. 4, Issue No. 4, Article 12                           | -    | 2018 |
| 19. | The Psychology of E-Learning   | International Journal of Law, Humanities and Social Sciences, Vol. 2, No. 1, pages 11-19                                    | -    | 2018 |
| 20. | Emerging Trends of E-Learning in Pakistan: Past, Present and Future  | International Journal of Law, Humanities and Social Sciences, Vol. 2, No. 1, pages 20-35                                    | -    | 2018 |
| 21. | Gender Role Attitudes, Career Aspirations and Career choices of Young Adults                                 | Conference Proceedings, Psychology of Women Section, British Psychological Society, Windsor, UK                             | -    | 2017 |



22. Parental Modeling as predictor of Filial Obligation in Young Adults Pakistan Journal of Psychology, Y 2017  
Vol. 48, No. 2, pages 47-59
23. Workplace Stress and Coping Strategies of Security Guards working in Universities Pakistan Journal of Social and Y 2017  
Clinical Psychology, Vol. 15, No. 2, pages 29-36
24. Predictors of academic Achievement in primary school Students Pakistan Journal of Psychological X 2016  
Research, Vol. 31, No. 1, pages 45-61
25. Postnatal Affective Disorders: Mapping the Research in Pakistan Journal of Gender and Social - 2016  
Issues, Vol. 15, No. 1
26. Factors Contributing to Depression during Peri Menopause: Findings of a Pakistani Sample Sex Roles, Vol. 75, No. 11-12, 2.06 2016  
pages 612-622
27. Gender Differences in Academic Achievement a Systematic Review on Result Statistics of Secondary and Higher Secondary Examination in Pakistan The 2<sup>nd</sup> World Conference on - 2016  
Women's Studies WCWS-2016, Colombo, Sir Lanka
28. Well Being After Natural Disasters: Rising from the Ruins Pakistan Journal of Social and Y 2015  
Clinical Psychology, Vol. 13, No. 1, pages 48-54
29. Journey from Family to work: Systematic Review Journal of Behavioral Sciences, X 2015  
Vol. 25, No. 2
30. Behavioral Problems in Children: A systematic Review of Research Literature in Pakistan Journal of Behavioral Sciences, X 2015  
Vol. 25, No. 2
31. Social support and Postnatal Depression in Pakistani Context Pakistan Journal of Social and Y 2014  
Clinical Psychology, Vol.12, No.1, pages 34-38
32. Development and Preliminary Validation of an Indigenous Scale for Assessment of Learning Disabilities Pakistan Journal of Social and Y 2014  
Clinical Psychology, Vol. 12, No. 2, pages 27-37
33. Academic Locus of Control of High Journal of Research and Y 2014

- and Low Achieving Students Reflections in Education, Vol. 8,  
No. 1, pages 22-33
34. Gender as a Disability in Rural Pakistan Conference Proceedings, - 2014  
Psychology of Women Section,  
British Psychological Society  
Annual Conference, Windsor, UK.
35. Perceived threat of violence and coping strategies of women in Pakistan Conference Proceedings, - 2013  
Citizenship The Politics of  
Women's work, feminism and the  
life course, British Psychological  
Society Annual Conference,  
Windsor, UK.
36. Development and Validation of Menopausal Symptoms Scale (MSS) for Pakistani sample. Pakistan Journal of Social and Clinical Psychology, Vol. 9, No. 3, pages 75-81 Y 2012
37. Differences in Achievement motivation and its salient components among high and low achieving students Pakistan Journal of Psychology, Vol. 43, No. 1, pages 27-40 Y 2012
38. Daily stressors of university teachers of Pakistan Journal of Research and Reflections in Education, Vol. 6, No.1, pages 1-15 Y 2012
39. Rising from the Ruins Conference Proceedings, Women & Austerity, Annual Conference, British Psychological Society, Windsor UK. - 2012
40. Cross Validation of Ryff's Scales of Psychological Well-being: Translation into Urdu Language The International Journal of Educational and Psychological Assessment, Vol. 10, No. 2., pages 67-91 W 2012
41. Emotional Intelligence: A Predictor of Marital Quality in Pakistani Couples Pakistan Journal of Psychological Research, Vol. 27, No 1., pages 65-88 X 2012

42. Emotional Intelligence and Marital Quality of Couples with Arranged Marriages Conference Proceedings, - Psychology of Women Section, British Psychological Society Annual Conference, Windsor, UK. 2011
43. Moderators of acculturative stress in Pakistani immigrants: The role of personal and social resources International Journal of Intercultural Relations, Vol. 35, No. 5, pages 523-533 W 2011
44. Changes in Perception of Gender Roles: Returned Migrants Pakistan Journal of Social and Clinical Psychology Vol. 9, pages 16-20 Y 2011
45. Development of Indigenous Scale of Emotional Intelligence and Evaluation of Its Psychometric Properties. Pakistan Journal of Social and Clinical Psychology, Vol. 9, pages 66-72. Y 2011
46. Development and Validation of Disordered Eating Behavior Scale: Identification, Prevalence and Difference with Clinically Diagnosed Eating Disorders Pakistan Journal of Psychological Research, Vol. 26, No. 2, pages 127-148 X 2011
47. Positive Thinking in Coping with Stress and Health outcomes: Literature Review Journal of Research and Reflection in Education, Vol. 4, No.1, pages 42-61 Y 2010
48. Predictors of Psychological well-being of Pakistani immigrants in Toronto, Canada International Journal of Intercultural Relations, Vol. 34, No. 5, pages 452-464 W 2010
49. Development and Preliminary Validation of Multidimensional Acculturative Stress Scale for Pakistani Immigrants in Toronto, Canada International Journal of Intercultural Relations, Vol. 34, pages 233-243 W 2010
50. Menopause and Related Issues Pakistan Journal of Psychology, Vol. 40, No. 2, pages 15-26 Y 2009
51. Test Anxiety in High and Low Achievers Pakistan Journal of Psychological Research, Vol. 24, No.3-4, pages 97-114 X 2009

52. Low Emotional Intelligence: A risk factor for depression Journal of Pakistan Psychiatric Society, Vol. 6, No.2, pages 65-72 Y 2009
53. Role of Emotional Intelligence in Marital Relationship Pakistan Journal of Psychological Research, Vol. 24, No.1-2, pages 43-62 X 2009
54. Disordered Eating Behaviors: An Overview of Asian Cultures Journal of Pakistan Psychiatric Society, Vol. 5, No. 2, pages 76-80 Y 2008
55. Some Aspects of Reliability and Validity of Beliefs in a Just World Questionnaire Pakistan Journal of Social And Clinical Psychology, Vol. 5, No. 1, pages 15-24 Y 2007
56. Relationship between Conflict Resolution Strategies and Perceived Marital Adjustment Journal of Behavioral Sciences, Vol. 14, No. 1-2, pages 29-42 X 2005
57. Effects of Cross Categorization on Inter-group Perceptions of Muslims and Christians in Pakistan. Pakistan Journal of Social and Clinical Psychology, Vol. 2, pages 3-16. Y 2004
58. Measuring Perceptions of Gender Roles: The IAWS for Pakistanis and U.S. Immigrant Population. Sex Roles, Vol. 51, No.5-6, pages 293-300 2.06 2004
59. Comparative study of Parental Deprivation and Self-esteem of Children. Journal of Research (Humanities), Vol. 38, No.2, Pages 41-54 Z 2003
60. Suicidal Ideation in female Victims of Domestic Violence. Journal of Behavioral Sciences, Vol. 13, No.1-2, pages 23-32 X 2002
61. Depressed mother's perception of their children's behavioral problems. Journal of Behavioral Sciences, Vol. 12, No. 1-2, pages 35-46 X 2002
62. Gender Differences in Perception of Desirable Personality Traits. Journal of Behavioral Sciences, Vol.10, No. 2, pages 35-45 X 2001
63. Posttraumatic Stress Disorder Like Symptoms in Breast Cancer Patients. Journal of the Indian Academy of Applied Psychology, Vol. 26, No.1-2, pages 47-55 - 2001

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|-----|--|---|-------|------|
| 64. | Female Cases of Suicide.   | New Direction In Research For Women.                              | Y     | 2001 |
| 65. | Gender Divide in Suicide.  | New Directions In Research For Women, pages 51-59                 | Y     | 2000 |
| 66. | Similarity in Values and Marital Intimacy  | New Directions In Research For Women, pages 35-38                 | Y     | 2000 |
| 67. | Gender Differences in the Manifestation of Aggression.   | Journal of Behavioral Sciences, Vol. 11, No. 1-2, pages 19-35     | X     | 2000 |
| 68. | Mother with Cancers: Their Children's Psychological Problems   | New Directions In Research For Women, pages 28-30                 | Y     | 2000 |
| 69. | Gender Differences in Suicide: A Study of Pakistani Population.  | Journal of Research (Humanities), Vol. 34, No. 1-2, pages 115-136 | Z     | 2000 |
| 70. | Marital Adjustment of Infertile women.   | New Directions In Research For Women, pages 33-35                 | Y     | 2000 |
| 71. | Cancer Patient's Adjustment and family Cohesion.   | Journal of Behavioral Sciences, Vol. 10, No. 1, pages 37-50       | X     | 1999 |
| 72. | Personality Factors and the Recovery Rates of Heart Patients After Coronary Artery Bypass Surgery.                               | Journal of Behavioral Sciences, Vol. 9, pages 37-54               | X     | 1998 |
| 73. | Mental Health of Pakistani Women and Their Children Living in Extended and Nuclear Families.                                     | New Directions in Research for Women, pages 67-69                 | Y     | 1997 |
| 74. | Role of Maternal Depression in the Perception of Child's Maladjustment.  | Afro-Asian Journal of Psychology, pages 30-37                     | -     | 1997 |
| 75. | A Comparison of Child Disciplining Techniques Used by Army Officers And Civilians and the Level of Aggression in Their Children. | The Journal of Psychology, No.24, pages 50-58                     | 1.430 | 1997 |
| 76. | Child Rearing Practices of Pakistani & Scottish Parents; A Cross-Cultural Comparison.  | The Journal of Psychology, No.24, pages 24-40                     | 1.430 | 1997 |
| 77. | Importance of similarities in Intimate Relationships.  | Psychological Perspectives, pages 36-37.                          | 9.05  | 1997 |

78. Perceived Threat of Violence And Coping Strategies: A Case of Pakistani Women. Journal of Behavioral Sciences, X 1997  
Vol.8, No.1-2, pages 43-54
79. Profile of women in Dar-ul-aman. Psychological Perspectives, pages 9.05 1997  
36-40
80. Menstrual Cycle Changes and Coping Strategies. Journal Of Behavioral Sciences, X 1996  
Vol. 6-7, No. 1-2, pages 25-36
81. A Comparative Study of Level of Aggression in Madrassas and Public School Boys. Conference Proceedings, Second - 1996  
Muslim Psychological Conference, Society For Advancement Of Muslim Psychology, Lahore, Pakistan, pages 26-29
82. Effect of Age and Gender on Expected Personality Traits. Conference Proceedings, Second - 1996  
Muslim Psychology Conference, Society For Advancement Of Muslim Psychology, Lahore, Pakistan
83. Role of Maternal Depression in the Perception of Child's Problems. Proceedings of Regional Meeting - 1996  
of World Psychiatric Association, Lahore, Pakistan
84. Effectiveness Factors in Some of Pakistani Primary Schools. UNICEF Islamabad, Research - 1995  
Report
85. Stress and Migration: A Study of Muslim Adolescents in the U.K. Conference Proceedings, Mental - 1995  
Health Care in Developing Countries, Pakistan Psychiatric Association, Lahore, Pakistan
86. Family support and the Adjustment of Breast Cancer patients Conference Proceedings, Third - 1994  
Afro- Asian Psychological Congress, Kuala-Lumpur, Malaysia
87. Perceived Threat of Violence as an instrument of Social Control of Women. Conference Proceedings, Pakistan - 1994  
Psychological Association 9th International Conference, Lahore,

## Pakistan

88. A Study of Postnatal Depression: Conference Proceedings, Pakistan - 1994  
Planned Vs Unplanned Pregnancy. Psychological Association 9th International Conference, Lahore, Pakistan
89. Dual Career Families and Father's Role. Role Of Psychologists In The New Social Order, pages187-192. Research Publication of Pakistan Psychological Association - 1994
90. The Asian Muslim Female Adolescent's Attitude Towards Marriage. A Comparative Study of Adolescents in Bradford (UK) and Mirpur (Azad Kashmir). Conference Proceedings, Pakistan Psychological Association 9th International Conference, Lahore, Pakistan - 1994
91. Fear of Crime in Women. Role Of Psychologists In The New Social Order, pages 253-254, Research Publication Of Pakistan Psychological Association - 1994
92. What Worries the Mother: Marriage of Sons or the Daughters? Conference Proceedings, Pakistan Psychological Association International Conference, Lahore, Pakistan - 1994
93. Anxiety and Parent-Adolescent Interaction. Journal of Research (Humanities), Vol. 28, No.1-2, pages 59-68 Z 1994
94. A comparative study of Video Watching of Teenagers as Reported by their mothers. Role Of Psychologists In The New Social Order, pages 249-254, Research Publication Of Pakistan Psychological Association - 1994
95. Attitude of Husbands Towards Working Wives. Conference Proceedings, Pakistan Psychological Association International Conference (Poster Presentation), Lahore, Pakistan - 1994

96. Perceived Maternal Behavior and Masculinity of Self Concept Among Father Absent Boys. Journal of Behavioral Sciences, X 1993  
Vol. 2, pages 45-54
97. English Language performance of Immigrant Children in U.K. Bulletin of Education and Research. Vol. 15, No.1, pages 225-231 1.19 1992
98. Trainable Mentally Retarded Child's Impact on the Family. Afro-Asian Journal of Psychology - 1992  
Vol. 1, No. 1, pages 47-58
99. Perceived Maternal Behavior And Masculinity Of Self-Concept Among Father Absent Boys. Journal Of Behavioral Sciences, X 1991  
Vol.2, No. 2, pages 45-54
100. Parents Disciplinary Behavior and the Self-Esteem of the sons and daughters. Conference Proceedings, Pakistan Psychological Association 8th International Conference, Vol. 2, Islamabad, Pakistan - 1991
101. Socio-Demographic Characteristics Associated with Depression in Pregnancy and Postpartum. Conference Proceedings, Pakistan Psychological Association 8th International Conference, Vol. 4, pages 46-57, Islamabad, Pakistan - 1991
102. Religious Beliefs of Female Muslim Adolescents in Britain: A Comparative Study. Conference Proceedings, First National Psychological Conference, Lahore, Pakistan - 1991
103. Parental Deprivation and Self-Esteem of Children. Conference Proceedings, 7th International Conference of Foster Care, Jonkoping, Sweden - 1991
104. Self-Esteem and Social Support as Indicators of Women's Status. Finding Our Way: Readings on Women in Pakistan, A.S.R. Publications, Lahore, pages 187-198 - 1991
105. Personality and Academic Achievement: Thematic Apperception Perspective. British Journal of Projective Techniques, Vol. 36, No. 1, pages 25-34 2.23 1991



106. Maternity Blues and Puerperal Depression in Pakistani Women. Pakistan Journal of Psychological Research, Vol.4, No. 3-4, pages 71-80 X 1991
107. Social Categorization and the Process of Intergroup Bias. Journal of Behavioral Sciences, Vol. 1, No. 2, pages 33-42 X 1990
108. Depression, Anxiety and Attribution: Comparative Study of Breast Cancer & other Patients. Mental Health for All, Vol.1, pages 75-81 - 1990
109. Perceived Parental Behavior and Self-Esteem of children. Conference Proceedings, 1st Afro-Asian Congress of Psychology, pages 75-80, Lahore, Pakistan and Psyche (1998), pages 9-13 - 1990
110. Self-Esteem and Academic Achievement: An Investigation of Ethnic and Sex Differences. Journal of Behavioral Sciences, Vol. 1, No. 1, pages 3-17 X 1990
111. Self-Esteem and Social Support: A Study of Pakistani Women. Social Psychological Problems in Pakistan, National Institute of Psychology Monogram - 1989
112. Contact Hypothesis and Attitude Towards Mental Illness of nurses. Pakistan Journal of Science, Vol. 41, pages 14-24 X 1989
113. The Significant Others and the Self-Esteem of Pakistani Joint Family Children in Scotland. Pakistan Journal of Science, Vol. 41 X 1989
114. Self-Esteem of Minority Children: a study of the Pakistanis in Scotland. Pakistan Journal of Psychological Research, Vol.3, No. 1-2, pages 23-32. X 1988
115. Ethnic Identity and Preferences of the Pakistani Minority Children in Scotland. British Journal of Projective Techniques, Vol. 31, No. 2, pages 2-9 2.23 1986
116. Comparative Study of the Self-Esteem of the Pakistani and Indigenous Children in Scotland. Doctoral Thesis, University of Glasgow, U.K. - 1985

117. Parents Behavior and Self-Esteem Individual Development and - 1984  
Among Pakistani Minority Children in Human Welfare, Groningen, Vol.  
U.K. 8, pages 28-31, also in Conference  
Proceedings, The European  
Conference On Developmental  
Psychology, Netherlands
118. Muslim Traditions and Attitudes to Journal of Adolescence, No. 7, - 1984  
Female Education. pages 191-200
119. Impact of Islamic Summit on the Psychology Quarterly, June, pages - 1979  
Punjab University student's 22-33  
Attitude Towards the Arabs.

#### **b. Developed and Translated Scales**

Sr. No.	Name of Scale	Research Paper	Year
1.	Menopausal Symptoms Scale (MSS) (Developed)	Development and Validation of Menopausal Symptoms Scale (MSS) for Pakistani Sample	2013
2.	Ryff's Scales of Psychological Well-Being (Translated in Urdu)	Cross Validation of Ruff's Scales of Psychological Well-Being: Translation into Urdu Language	2012
3.	Psychological Well-Being Questionnaire (Translated in Urdu)	Moderators of Acculturative Stress in Pakistan Immigrants: The Role of Personal and Social Resources	2011
4.	The Orientation to Life Questionnaire (Translated in Urdu)	Moderators of Acculturative Stress in Pakistan Immigrants: The Role of Personal and Social Resources	2011
5.	Coping Orientation to Problems Experienced (COPE) (Translated in Urdu)	Moderators of Acculturative Stress in Pakistan Immigrants: The Role of Personal and Social Resources	2011
6.	Disordered Eating Behavior Scale (Developed)	Development and Validation of Disordered Eating Behavior Scale: Identification, Prevalence and Difference with Clinically	2011

		Diagnosed Eating Disorders	
	Multidimensional	Development and Preliminary Validation of	
7.	Acculturative Stress Scale (MASS) (Developed)	Multidimensional Acculturative Stress Scale for Pakistan Immigrants in Toronto, Canada	2010
8.	Scale of Emotional Intelligence (Developed)	Emotional Intelligence: A Risk Factor for Depression	2009
9.	Beliefs in a Just World Questionnaire (Developed)	Some Aspects of Reliability and Validity of Beliefs in a Just World Questionnaire	2007
10.	Islamic Attitude towards Women Scale (IAWS) (Developed)	Measuring Perceptions of Gender Roles: The IAWS for Pakistanis and US Immigrant Population	2004
11.	Conflict Resolution Questionnaire (Translated in Urdu)	Relationship Between Conflict Resolution Strategies and Perceived Martial Adjustment	2003
12.	Marital Adjustment Questionnaire (Translated in Urdu)	Relationship Between Conflict Resolution Strategies and Perceived Marital Adjustment	2003
13.	Questionnaire for Child-Disciplining Practices (Translated in Urdu)	A Comparison of Child-Disciplining Techniques Used by Army Officers and Civilians and the Level of Aggression in Their Children	1997

### c. Chapters in Books

- 1) Development of Feminist Psychology: A Pakistani Perspective. Handbook of International Feminisms, Springer Science and Business Media LLC 2011.

[The book has been awarded the 2012 Distinguished Publication Award from the Association for Women in Psychology, United States of America].

- 2) Psychometrics of Scale of Emotional Intelligence (SEI) Does Emotional Intelligence Predict Quality of Dyadic Relationships among Married Couples? LAP LAMBERT Academic Publisher. 2012.

- 3) Psychosocial Aspects of Menopause: A Pakistani Perspective. LAP LAMBERT Academic Publisher. 2011.
- 4) Psychological Wellbeing of Pakistani Immigrants in Toronto, Canada. LAP LAMBERT Academic Publisher. 2011.
- 5) "Women Studies" – a text book on Psychology; Allama Iqbal Open University, Islamabad. 1995.
- 6) "Finding Our Way" – Readings on Women in Pakistan, A.S.R Publications, Lahore, 1994.
- 7) "Depression, Anxiety and Attribution: Comparative Study of Breast Cancer & other patients. Mental Health for All. Vol.1, Mubbashar and Syed (Eds). Rawalpindi Medical College 75-81 (1990).

**c. ARTICLES OF GENERAL INTEREST**

- 1 "Psychosocial Management in Disaster Situations", Psyche Lahore. March, 2007.
- 2 "Women in Developing Pakistan: Psychological Perspective", Psyche Lahore. March, 2002.
- 3 "There is no honor in killing", Psyche Lahore, 2000.
- 4 "Pregnancy and Psycho-social Reactions", In Psychology of Women. Allama Iqbal Open University, 1996.
- 5 "Ugly Violence" Monogram Department of Psychology, University of the Punjab. 1999.

- 6 "Role of Psychologists in Educational Institutions", Psyche. Lahore. 1991.
- 7 "Increasing trend of Crimes in Students", Psyche. Lahore 1991.
- 8 Foster Care Report for UNICEF, 1991.
- 9 "Self-esteem and Social Support: As Indicators of Women's Status". in Towards a New Reality: Women of Pakistan. A.S.R Publication, 1990.
- 10 "Roles and responsibilities of Psychologists", Workshop proceedings Role and Responsibilities of Psychologists in Pakistan NIP, 1989.
- 11 "Special Children" Pakistan Times, 1986
- 12 "Cross-cultural perspectives on Attitude of Females towards Education". International Association of Cross Cultural Psychology Conference, Congress Aberdeen. July 1982. (Proceedings).

## 9 Research Experience

- 1 Consultant for UNICEF Project on "Effectiveness Factors in some of the Pakistani Primary Schools; 1994-95.
- 2 Research evaluation of Ph.D and M.Phil students of
- a) Quaid-e-Azam University
  - b) Government College University
  - c) Punjab University
  - d) *Lahore College for Women University*
- 3 International Research Collaboration  
Professor K. Chantler: Manchester University  
Professor Powell: University College London
- 4 **Journal Refereeing**  
Journal of Research (Humanities)  
Journal of Behavioral Sciences  
Afro-Asian Journal of Psychology

## 5 Editorial Board

- a) Journal of Behavioral Sciences.
- b) *Pakistan Journal of Social and Clinical Psychology.*
- c) *Pakistan Journal of Psychological Research.*
- d) *Journal of Arts and Social sciences.*

### a. List of Ph.D. Thesis Supervised.

1	Iffat Yaqub Choudry	A comparative Study of adolescents and their adjustments problems.
2	Ms. Sarah Shahed	Health Locus of Control, Health Beliefs and Health Related Behaviors; a study of Pakistani Females.
3	Ms Amina Muazzam (H.E.C Scholar)	Disordered eating behavior: and overview of Asian cultures
4	Ms. Farhat Jamil (H.E.C Scholar)	Development and validation of menopausal symptoms scale and psychological aspects of menopause.
5	Saima Ghazal (H.E.C Scholar)	Correlates of Successful Women Managers.
6	Shahida Batool	Development and validation of emotional Intelligence as a predictor of marital quality.
7	Zarghuna Naeem	Positive thinking, coping with daily stressors and health: a comparison of male and female teaching faculty members at university of education.

<b>8</b>	Tahira Jabeen	Development of acculturative stress scale and Correlates of psychological well-being of Pakistani immigrants in Toronto-Canada
<b>9</b>	Mr. Bilal Aslam Sufi	Iron Deficiency Anemia and Mental Health of Child Bearing Women and their Children.
<b>10</b>	Ms. Salma Hassan	A Comparative Study of Psychosocial Determinants of high and low Academic Achievers.
<b>11</b>	Ms. Rehana Nazir	The Role of Social and Psychological Factors in Determining the Initial Feeding Patterns and Duration of Breast Feeding.
<b>12</b>	Ms Subha Malik	Psychological implications of natural Disasters.
<b>13</b>	Ayesha Sarfaraz	Antecedents, Outcomes and Coping of Work/Family Conflict in Women
<b>14</b>	Sidra Afzal	Assessment of Post-natal Blues and Post-natal Depression in Pakistani Women
<b>15</b>	Abia Nazim	Assessment of Psychosocial correlate of adaptive behaviors in children with intellectual disability, ASD and typical development
<b>16</b>	Amna Affan Butt	Behavioral problems' assessment and correlates in Primary School Children

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**b. Ms/ M.Phil Thesis Supervision**

More than 100 students (List of titles of thesis can be provided if required).



## **10. Conferences/ Seminars/ Workshops**

### **A. International Participation and Paper Presentation:**

1. Presented a paper on “Attitude towards honor killings, religious commitment and patriarchal beliefs in young Muslim adults.” organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK. July 10-12, 2019
2. Presented a paper titled “Cost of caring: Mental health of Rescue Workers” on 15<sup>th</sup> Dubai International Conference on Ed and corporate Social Responsibilities (EHC) held at Dubai, UAE. September 2-4, 2018.
3. Presented a paper on “Filial Obligation: Parental Modeling and Gender” organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK. July 11-13, 2018
4. Presented a paper on “Gender Role attitudes, Career Aspirations and Career Choices of Young Adults” organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK. July 12-14, 2017
5. Presented a paper on “Gender as Disability” Organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK. July 07-11,2014.
6. Presented a paper on “Perceived Threat of Violence and Coping strategies of Women in Pakistan” in Citizenship the Politics of Women’s work, feminism and the Life Course. Organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK. July 10-12· 2013.
7. Presented a paper on “Rising from the Ruins: Women Survivors of the Azad Kashmir Earthquake” in Psychology of Women's Section Annual Conference 2012, organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK. July 11-13, 2012.
8. Presented a paper on “Emotional Intelligence and Marital Quality of Couples with Arranged Marriages” in Psychology of Women's Section Annual Conference 2011, organized by The British Psychological Society, held at Cumberland Lodge,

Windsor, UK. July 13-15, 2011.

9. Presented a paper on “Prevalence, Risk and Protective Factors Related to Disordered Eating Behaviors among Young Adults: Interplay of Gender and Psychosocial Factors.” In Psychology of Women's Section Annual Conference 2010, organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK.
10. Presented a paper on “Experience of Women as Caregivers: A Pakistani Perspective the British Psychological Society”, Psychology of Women's Section Annual Conference 2010, organized by British Psychological Society, held at Cumberland Lodge, Windsor, UK.
11. Presented a paper on “Muslim Women’s Health-Locus of Control and Health Related Behavior”: in 1<sup>st</sup> International Conference of Psychological Sciences & Applications, Organized by United Arab Emirates University, Dubai, February 2010
12. Presented a paper on “Returned migration: changes in perception of gender roles in Pakistani women” organized by British Psychological Society, Psychology of Women Section (POWS). 16<sup>th</sup> July 2009 at Cumberland Lodge, Windsor, UK.
13. Presented a paper on “Manifestation and prevalence of menopausal symptoms: An Asian sample” organized by British Psychological Society, Psychology of Women Section (POWS). 15<sup>th</sup> July 2009 at Cumberland Lodge, Windsor, UK.
14. Present a Paper on “Asian Women’s Health-Locus of Control and Health Related Behavior” organized by Psychology of Women Section, Annual Conference 2008, 21<sup>st</sup> Anniversary, at Cumberland Lodge, Windsor, U.K. on 16<sup>th</sup> to 18<sup>th</sup> July, 2008.
15. Attended workshop on “Managing Sameness and Otherness in Qualitative Research” organized by British Psychological Society, at Cumberland Lodge, the great Park, Windsor, U.K. on 16<sup>th</sup> July, 2007.

16. Presented a Paper on “Women’s Perceived Vulnerability to Violence and Coping” in British Psychological Society, Annual Conference 2007, held at Windsor, U.K from 18<sup>th</sup> –20<sup>th</sup> July 2007.
17. Discussant in the round table discussion on “Person Centered Expressive Therapy” Conducted by S. Morison organized by British Psychological Society Psychology of Women Section at Royal. Holloway, University of London on 21<sup>st</sup> July, 2007.
18. Presented a paper on “The Intersection of gender, ethnicity and Culture in shaping identity” organized by British Psychological Society, Psychology of Women Section Annual Conference, Manchester Metropolitan University. 10 July 2006.
19. Presented a paper on "Vulnerable and Resilient: Female Survivors of Violence" organized by British Psychological society, Psychology of Women Section, Annual Conference, Manchester Metropolitan University. 5-7 July 2006.
20. Presented a paper on "Pakistani women’s health locus of control, health knowledge and health protective behavior", organized by World Organization for Women in Science, Jawaharlal Nehru Center. Bangalore, India. 20 – 25. November 2005.
21. Presented a paper on "Complex Lives, Desperate Solutions: Victims of Domestic Violence", at the 10th International Women & Health Meeting, New Delhi, India. September 22, 2005.
22. Participated in workshop on “Helping Domestic Abuse Victims” organized by North Lancashire Abuse Workshop Group, Glasgow, UK in September, 2003.
23. Presented a paper on “Post traumatic stress disorder in Victims of Rape” at HematGryffe, Glasgow, Scotland September, 2003.
24. Presented a paper on “Consequences of Iron Deficiency anemia for the mental health of child bearing women and their children” workshop on Mental Health and fortified cereals organized by Global Alliance for Improved Nutrition (GAIN) in

Geneva, Switzerland (Presented by first author). 28th August, 2003.

25. Attended a seminar on “Duluth Model of Domestic Violence”, at University College, London, 2002.
26. Attended training Workshop on “Diagnosing Posttraumatic Stress Disorder (PTSD)”, at the University of Glasgow, organized for In Service Clinical Psychologists. Association of Clinical Psychologist. U.K. in October, 2002.
27. Presented paper on “Changing roles of Pakistani Women” Higher education Link Programme between Applied Psychology Department, Punjab University and University College London at Department of Clinical and Health Psychology, London, July 4th 2001.
28. Delivered a lecture on “Victims of Domestic Violence: Pakistani Perspective” at the Women Shelter Pittsburgh, U.S.A. May 1998.
29. Gave a talk on Pregnancy and Psycho-social Reaction, sponsored by International Women’s Centre, University of Pittsburgh, U.S.A. 1997.
30. Presented a paper at the Symposium on “Self-esteem and Social Support as Indicators of Women’s Status”, sponsored by International Women’s Centre, University of Pittsburgh, U.S.A. 1997.
31. Served as member organizing committee for the Third Afro-Asian Psychological Congress, Kuala-Lumpur, Malaysia. August 23-26, 1994.
32. Presented a paper on "Family Cohesion and Adjustment to Breast Cancer", at the Third Afro-Asian Psychological Congress, Kuala-Lumpur, Malaysia. August 23-26, 1994.
33. Served as member organizing committee for the second Afro-Asian conference, Beijing. August 1992.
34. Participated in College of Neuro physics ICTP, Trieste, Italy March, 2-27, 1992.

35. Paper presented on "Parental Deprivation and Self-Esteem of Children", at the 7th International Conference of Foster Care Conference. Jonkoping, Sweden 27th July 3rd August, 1991.
36. Paper presented on "Multi-Cultural Education and Minority Children", at Workshop on Multi-Cultural Education, Strathclyde Department of Education, Glasgow Division, U.K. June, 22-24, 1984.
37. Presented a paper on "Parents Behaviour and Self-Esteem Among Pakistani Minority Children in the U.K", at the Inaugural European Conference on Individual Development and Human Welfare, Croningen, Holland 28-31, July, 1984.
38. Paper Presented on "Female Education and Asian Imigrants in UK", at cross-cultural conference at Aberdeen Scotland, UK. 1983.
39. Presented a paper on "Significant Others and Self-Image of Pakistani Children in Great Britain", at the International Conference on Self and Identity, Cardiff, U.K. 9-13 July, 1984.
40. Paper presented on "A Comparison of English and mathematics Attainment between bilingual and monolingual English-speaking Secondary School Children", at Child Language Seminar, University of Nottingham, U.K. March, 1984.
41. Paper presented on "Social Adjustment of Trainable mentally retarded children", Seminar on Adjustment of Handicapped; Glasgow University, U.K. January, 1984.
42. Presented a paper on "Girls Significant Others in Extended Family Systems", at the Postgraduate Psychology Conference, The Burn, U.K. 24-26 January, 1983.

#### **B. Participation & Paper Presentation Across Pakistan:**

1. Conducted a workshop on "Time and Stress Management, Emotional Intelligence, Conflict Resolution and Negotiation" as a part of a series of workshops presented by the Higher Education Commission (HEC) for newly

hired Assistant Professors on October 2<sup>nd</sup>, 2020.

2. Presented a talk on “Environmental Psychology” as a part of BNU’s Environmental Week to the students and faculty of various departments in BNU on November 25<sup>th</sup>, 2019.
3. Presented a paper on “Sociodemographic Factors, Social Information Processing and Behavioral Problems in School Children” at the International Psychiatric Conference "Prescription for Wellness: Working across boundaries" organized by Department of Psychiatry and Behavioral Sciences, Fatima Memorial Hospital in collaboration with Child & Adolescent Mental Health Special Interest Group, NUR International University, Pakistan Association of Social Psychiatry, Ijaz Psychiatric Institute and Connections on August 2-3, 2019.
4. Presented a paper on “Work/Family Interface of Working Women in Pakistan: A Qualitative Study ” at the International Psychiatric Conference "Prescription for Wellness: Working across boundaries" organized by Department of Psychiatry and Behavioral Sciences, Fatima Memorial Hospital in collaboration with Child & Adolescent Mental Health Special Interest Group, NUR International University, Pakistan Association of Social Psychiatry, Ijaz Psychiatric Institute and Connections on August 2-3, 2019.
5. Chaired the symposium on “Interpersonal Acceptance-Rejection Theory”, International Conference of Applied Psychology: Practices and Interventions, organized by Institute of Applied Psychology, University of the Punjab, Lahore on 6<sup>th</sup>-8<sup>th</sup> February, 2019.
6. Presented a paper “Parental Acceptance Rejection, Emotional Intelligence and Narcissism in Young Adults” at International Conference of Applied Psychology: Practices and Interventions, organized by Institute of Applied Psychology, University of the Punjab on 6-8<sup>th</sup> February, 2019.

7. Presented a paper “Gratitude, Altruism and Wellbeing of Young Blood Donors” at International Conference of Applied Psychology: Practices and Interventions, organized by Institute of Applied Psychology, University of the Punjab, on 6-8th February, 2019.
8. Presented a paper “A Qualitative Investigation of Acculturation Experiences of Pakistani International Students in Dutch society” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University on, 17-19 December, 2018.
9. Presented a paper “Swimming Against the Tide: Women in the Police Profession” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University, on 17-19 December, 2018
10. Presented a paper “Gender Role Attitudes of Fathers and Gender of their Children” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University on 17-19 December, 2018
11. Presented a paper “Work/Family Enrichment of Women: A Qualitative Analysis” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University, on 17-19 December, 2018.
12. Presented a paper “Narcissism in Young Adults: Role of Parental Acceptance Rejection and Emotional Intelligence in relation to Gender” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University on 17-19 December, 2018.
13. Presented a paper “Gender of Young Adults: Predators and Preys in the Cyber Realm” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University, on 17-19 December, 2018.

14. Presented a paper “Preliminary Development and Validation of Acculturative Stress Scale for Pakistani International Students (ASSPIS)” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University, on 17-19 December, 2018.
15. Presented a poster “Family Cohesion and sibling relationships in adolescence” at 7<sup>th</sup> International Conference “Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad on November 29-30, 2018.
16. Presented a paper “Women Police Officers: Stress and Coping” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University, on 17-19 December, 2018.
17. Presented a paper on “Reasons for Repatriation: Economic Locus of Control and Self-efficacy of Gulf based Male Expatriates” at 3-day international conference on Gender, Religion, and Culture in Psychology: Issues and Challenges held Government College University, on 17-19 December, 2018.
18. Presented a paper on “Attitude towards Women wearing Hijab across Gender” at International Conference on Gender: Perspectives, Realities and Challenges held at LCWU on 3-5<sup>th</sup> December, 2018.
19. Presented a paper on “Gender-role Attitudes of Fathers and Gender of their Children” at International Conference on Gender: Perspectives, Realities and Challenges held at LCWU on 3-5<sup>th</sup> December, 2018.
20. Presented a paper on “Social Information Processing and Disruptive Behavioral Problems in School Children” at 7<sup>th</sup> International Conference “Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad on November 29-



30, 2018.

21. Delivered a Keynote lecture on “Negating Determinism and Moving Towards Positive Psychology”, 7th International Conference on Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad on 29th and 30th November, 2018
22. Chaired the Scientific Sessions at “7th International Conference on Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad on 29th and 30th November, 2018
23. Organized a seminar on “Women’s Breast Cancer Awareness” at Beaconhouse National University, Lahore on 28<sup>th</sup> October 2018.
24. Participated as an active member for Revision of Curriculum for Online Courses for B.A, M.A, M.phil and PhD at Virtual University, Lahore, May, 10<sup>th</sup> 2018.
25. Chaired the Scientific Sessions at 1<sup>st</sup> International Conference on Social Sciences and Humanities, at Kinnaird College for Women, Lahore on April 25-27, 2018.
26. State of the Art lecture on “Peace and Positive Psychology” in Mental Health Week at Lahore College for Women University, Lahore, 10<sup>th</sup> April 2018.
27. Organize yearly seminar on “Highlighting research on women issues” for Women’s Day celebration at Beaconhouse National University.
28. Presented research paper titled “Cultural attitudes as a predictor of Cynicism in Young Adults in “International Conference on Emerging Trends in Psychology: Preparing for 21<sup>st</sup> Century” at Foundation University, Islamabad on 18<sup>th</sup> & 19<sup>th</sup> December, 2017.
29. Presented research paper titled “The Dark Triad of Personality, Aggression and Impulsivity in Perpetrators of Honor Killing” in International Conference of Peace, Conflict, and Violence: Challenges and resolution strategies at

COMSATS Lahore during 29<sup>th</sup>-30<sup>th</sup> November, 2017.

30. Presented research paper titled “Conflict management Styles and Emotional Intelligence of Managers” in International Conference of Peace, Conflict, and Violence: Challenges and resolution strategies at COMSATS Lahore during 29<sup>th</sup>-30<sup>th</sup> November, 2017.
31. Presented research paper titled “Empathy and Attitude towards Violence in Children Playing Violent Games” in International Conference of Peace, Conflict, and Violence: Challenges and resolution strategies at COMSATS Lahore during 29<sup>th</sup>-30<sup>th</sup> November, 2017.
32. Organized a certificate course for “School Counsellors”, at Beaconhouse National University, Lahore, 2017
33. Chaired the symposium on “Psychology for Change: Women and Community” at One day Symposium on International Women’s Day organized by Institute of Applied Psychology, University of the Punjab, Lahore. March 21, 2017.
34. Developed curriculum for School Psychology Certificate Course for School Counselors of Beaconhouse House School System, January, 2017
35. Organized and conducted School Psychology Certificate Course for School Counselors of Beaconhouse House School System, March 14 – 27, 2017.
36. Senior Member National Curriculum Revision Committee for Gender/Women Studies. Karachi, April 20-22, 2017.
37. Chaired the Scientific Session on “Engendering Development” at 6<sup>th</sup> International Conference 2016 on “Psychology of Gender in Perspective: Issues and Challenges” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. December 2, 2016.
38. Presented a paper on “A Comparative Study of Gender Role Attitudes, Career Aspirations, and Career Choices” at 6<sup>th</sup> International Conference 2016 on “Psychology of Gender in Perspective: Issues and Challenges” organized by

National Institute on Psychology, Quaid-i-Azam University, Islamabad.  
December 2, 2016.

39. Delivered a keynote lecture on “Gender and Mental Health: Beyond Numbers” at 6<sup>th</sup> International Conference 2016 on “Psychology of Gender in Perspective: Issues and Challenges” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. December 1, 2016.
40. Presented a paper on “Translation, Adaptation, and Validation of Children’s Behavior Questionnaire – Teacher Form” at 6<sup>th</sup> International Conference 2016 on “Psychology of Gender in Perspective: Issues and Challenges” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. December 1, 2016.
41. Presented a paper on “Thinking Styles and Belief in Superstitions: Moderating Role of Gender in Young Muslim Adults” at 6<sup>th</sup> International Conference 2016 on “Psychology of Gender in Perspective: Issues and Challenges” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. December 1, 2016.
42. Chaired the Scientific Sessions at 1<sup>st</sup> International Conference on Gender organized by Lahore College for Women University and George Washington University. November 14-16, 2016.
43. Developed curriculum on “Women/Gender Studies” for B.A, M.A, M.phil & PhD at Higher Education Commission, October, 19-21 2016.
44. Presented a paper on “Experiences of Female Care Givers of Dementia Patients” at Seminar on “Alzheimer’s and related Dementia” organized by Alzheimer’s Pakistan, held at Hospitality Inn, Lahore. September 29, 2016.
45. Attended 10<sup>th</sup> International CBT Conference of Services Institute of Medical Sciences held in SIMS Auditorium, services hospital Lahore. February 20,

2016.

46. Presented a paper on “Factors Contributing to Girls’ Good Grades in School” at 5<sup>th</sup> International Conference on “Cognitive, Social, and Intellectual Development-I” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. November 13, 2014.
47. Chaired the Scientific Session on “Student and School Environment” at 5<sup>th</sup> International Conference on “Educational Psychology” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. November 13, 2014.
48. Poster presented on “Preliminary survey of Behavioral Problems of Primary School Children Across Gender” at 5<sup>th</sup> International Conference organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. November 13, 2014.
49. Presented a paper on “Teachers’ Perception and Management Strategies of Behavioral Problems in Primary School Children Across Gender” at 5<sup>th</sup> International Conference organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. November 13, 2014.
50. Poster presented on “Preliminary Investigation of Adaptive Behaviors in School Children” at 5<sup>th</sup> International Conference organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. November 13, 2014.
51. Participated as a panel discussant in Session III “Paying the Price: Psychological Trauma and Appropriate Responses of Rape Victims” in “Global Conference 2014” on “Next Generation: insecure lives, Untold Stories”, organized by British Council at Pearl Continental Hotel, Lahore. May 8<sup>th</sup>, 2014.

52. Organized two day workshop with Dr Daniel Christie (Professor Emeritus Ohio State University and Fullbright Specialist in Peace and Conflict Studies) on Peace Psychology at Beaconhouse National University, May 2013.
53. Organized Training workshop on “Mindfulness” with Dr. Ayesha Tareen at Beaconhouse National University, 2012
54. Organized certificate course with Dr. Mahreen Arshad for mangemnet of Autistic Children at Beaconhouse National University, 2012
55. Chaired the Scientific Session on “Work-Family Interaction” at “4<sup>th</sup> International Conference on Industrial and Organizational Psychology: Trends, Challenges, and Applications” organized by National Institute on Psychology, Quaid-i-Azam University, Islamabad. April 19, 2012.
56. Attend a workshop on “Child Psychiatry----A Whistle Stop Tour” organized by National Society for Mentally & Emotionally Handicapped Children, Special Education & Training Centre, 43-A, Civic Centre, Johar Town, Lahore. April 02, 2012.
57. Conducted a workshop on “Stress Management” organized for Senior Women Citizens at Punjab Club, Lahore, on November 16, 2011.
58. Delivered a lecture “Development of Feminist Psychology: A Pakistani Perspective” based on her publication in Handbook of International Feminisms, at Pakistan Psychological Association, Lahore, 2012
59. Organized Three Days Workshop on International Psychiatric updates & Media/Public awareness in Optimizing Psychiatric Care and Rehabilitation for female victims of Psychotrauma, Avari Hotel, Lahore. April 15—17, 2012.
60. Chaired the academic session on “Emerging Trends in Developmental Psychology” at Government College University, Lahore, on March 30<sup>th</sup>, 2011.
61. Delivered a lecture “Development of Feminist Psychology: A Pakistani Perspective” based on her publication in Handbook of International Feminisms, at Beaconhouse National University, Lahore, 2011

62. Chaired an academic session on “Developmental Psychopathology” at National Institute of Psychology, Islamabad on Thursday, October 14<sup>th</sup>, 2010.
63. Presented a paper on “Development and Validation of Disordered Eating Behavior Scale (Debs): Identification, Prevalence and Difference with Clinically Diagnosed Eating Disorders” at National Institute of Psychology, Islamabad on Thursday, October 14<sup>th</sup>, 2010.
64. Presented a paper on “Positive Thinking in Coping with Stress and Health outcomes: Literature Review” 2<sup>nd</sup> International Conference on Realizing the Millennium Development Goals through Teacher Education, organized by university of Education, Lahore on September 21<sup>st</sup>, 2010
65. Chaired an academic session on “Terrorism: A Threat to Mental Health” at the First International Conference on Forensic Psychology: Issues and Interventions, at GC University Lahore on Thursday, April 1st, 2010.
66. Presented a paper on “Online Child Risks and Safety and The Negative Impact of Using the Internet” in one day seminar on “Integrating IT into Education: Language, Curriculum and Training Challenges in Government Schools of Punjab” organized by National University of Computer and Emerging Sciences (NUCES) in collaboration with the Punjab IT Lab Project of the Government of the Punjab on 17<sup>th</sup> December, 2009.
67. Presented a paper on “Towards Understanding Domestic Violence: Some Research Findings” in one day seminar organized by Federal Government Women Division at Home Economics College, on 15<sup>th</sup> December 2009. Lahore, Pakistan.
68. Presented a paper on “Experiences of Female Care Givers” in 12<sup>th</sup> Asia- Pacific Regional Conference of Alzheimer’s Disease on 7<sup>th</sup> – 10<sup>th</sup> November 2009. Lahore, Pakistan.

69. Presented a paper on “Relationship Between Perceived Emotional Intelligence and Depression” in International Symposium on Psychiatric Updates & Media / Public Awareness, Organized by Psychiatric Welfare Association In collaboration with Dept of Psychiatry Mayo Hospital / KEMU, Lahore, Pakistan Psychiatry Society, Pakistan Academy of Family Physicians, South Asian Division, Royal college of Psychiatrist (U.K), British Pakistan Psychiatric Association.
70. Presented a paper on “Gender differences in Disordered Eating Behaviors: Psychosocial Predictors” in International Conference on Culture and Mental Health, Government College University, Department of Psychology, Lahore. March 17-21, 2009.
71. Chaired the workshop titled “Developmental Psychology: A Cross Cultural Perspective” International Conference on Culture and Mental Health, Government College University, Department of Psychology, Lahore. March 20, 2009.
72. Presented a paper on “Gender differences in Attitude towards Domestic Violence” in International Conference on Culture and Mental Health, Government College University, Department of Psychology, Lahore. March 17-21, 2009.
73. Presented a paper on “Domestic Violence; Prevalence and Mental Health Outcome in Pakistani Women” in First International Conference on Psychological trauma, session of Many Faces of Psycho trauma at NUST, Jinnah Convention Center Islamabad. August 30<sup>th</sup> to 31<sup>st</sup>, 2008.
74. Presented a paper on “Menopause and Related Issues” with Jamil, F. in 5<sup>th</sup> International Symposium Workshop on Psychiatric Updates & Media / Public Awareness at Avari Hotel, Lahore. April 20<sup>th</sup>, 2008.

75. Presented a paper on “Disordered Eating Behaviors: an Overview of Asian Culture” with Muazzam, A.B. in 5<sup>th</sup> International Symposium Workshop on Psychiatric Updates & Media / Public Awareness at Avari Hotel, Lahore. April 20<sup>th</sup>, 2008.
76. Organized a seminar on “Role of School Counselors” at Beaconhouse National University, Department of Applied Psychology. April 10<sup>th</sup>, 2008.
77. Chaired and Presented a paper on “Differential Impact of Home-based and School-based Training Programs on Down’s syndrome Children” in 10<sup>th</sup> National Conference on Pakistan Association of Clinical Psychologists at GC University Lahore. April 3—6, 2008.
78. Attended an International Symposium on Psychology and Literature on Mental Health Week 2008 at GC University Lahore, Department of Psychology. March 28—29 2008.
79. Attended 4<sup>th</sup> National Symposium on Psychiatric Updates & Media / Public Awareness by the Academic Department of Psychiatry King Edward Medical University / Mayo Hospital Lahore in collaboration with Pakistan Psychiatric Society, Faculty of Medicine KEMU & Pakistan Academy of Family Physicians at Avari Hotel, Lahore. June 9 & 10, 2007.
80. Organized one day national conference on “Gender Issues in 21<sup>st</sup> Century in Pakistan” organized by Center for Clinical Psychology (CCP), University of the Punjab, Lahore. At Law College, University of the Punjab, Quaid-e-Azam Campus, Lahore. May 16, 2007.
81. Attended a two day national conference on “Concept of Jihad in Islam in the Current Scenario” organized by Islamic Studies, University of the Punjab, Lahore in collaboration with Higher Education Commission, Islamabad at University Law College, Lahore. May 14, 2007.



82. Presented a Paper on -"Contribution of Psychosocial and Maternal Factors in the Success of Breastfeeding" in 12<sup>th</sup> Pakistan Psychological Association Conference at Lahore College for Women University, Lahore. 17-18 March 2007.
83. Presented a Paper on "Psychosocial Management in Disaster Situations" in 12<sup>th</sup> Pakistan Psychological Association Conference at Lahore College for Women University, Lahore. 17-18 March 2007.
84. Chaired the workshop titled "Total Awareness Therapy in Neurosis, especially depression and / or relationship problems" organized by WPA Section on Psychiatry in Developing Countries and South Asian Forum on Mental Health and Psychiatry at Aiwan-e-Iqbal, Lahore. 15-19 February 2007.
85. Paper Presented "Pakistani Women's Health – Locus of Control Health knowledge and Health Protective Behaviors." organized by WPA Section on Psychiatry in Developing Countries and South Asian Forum on Mental Health and Psychiatry at Fountain House.14-19 February 2007.
86. Paper Presented with Rehana Nazir on " Maternal and Health System Factors Contributing in Breastfeeding Success " Organized by 16<sup>th</sup> International Psychiatric Conference at Pearl Continental Hotel, Lahore. 16-18 December 2006.
87. Chaired Scientific Session in "Natural Disasters: Their Psychological Impact and Healing Strategies", 9th International Conference, Organized by Pakistan Association of Clinical Psychologists PACP, Alhamra Arts Council, Hall No. 3 Lahore. May 27-28, 2006.
88. Participated as a panel discussant "Strengthening, networking and review of current programs and curricula of women and gender study centers in Pakistan" at Lahore College for Women University, Organized by UNESCO and LCWU, Lahore.14th to 16th July, 2005.

89. Participated as a panel discussant in the 3rd One Day National Seminar on Media and Public awareness and Recent Updates in the Management of Psychiatric Disorders Organized by Academic Department of Psychiatry & Behavioral Sciences, KEMC/Mayo Hospital & Pakistan Psychiatric Society (Punjab Chapter) Pearl Continental Hotel, Lahore. June 04, 2005.
90. Presided Seminar in "Mental Health Week Programme" on "Child Abuse; Antecedent Factors. Consequences and Interventions at GCU. 19th April 2005
91. Organized one-day workshop on "Therapy and Counseling for Women: Different approaches and Perspectives" with Prof. Dr. Burman and Prof. Dr. Chantler under the DFID link Program. March 14, 2005.
92. Organized one-day Seminar on "State, Culture and Gender: Violence against women" with Dr. Erica Burman and Khatidja Chantler at the Department of Applied Psychology, School of Social Sciences, Beaconhouse National University, Lahore. March 11, 2005.
93. Organized one-day workshop on "New Directions in Feminist Research" with Dr. Erica Burman and Khatidja Chantler under the DFID Link Program. March 10, 2005.
94. Conducted a workshop on "Motivating Students," at the Psychology Department, Beacon House National University, Lahore. October, 2004.
95. Organized and Conducted training work shop on "Counseling victims of domestic violence" for Mental Health Professionals at P.C Lahore, Sponsored by British Council, March 2004.
96. Organized and conducted a three--day workshop on "Developing a Response to Domestic Violence" at the Department of Psychology and Applied Psychology, Punjab University Lahore. October, 5-7, 2004.
97. Presented at a Three-day workshop on "Improving women's mental health in

Developing Countries” organized by “Pakistan Psychiatric Society (PPS).

98. Presented a paper on “Suicidal Ideation in Female Victims of Domestic Violence” in collaboration with Mental Health Resources Centre (MHRC), Pakistan Overseas Asian Group, Royal College of Psychiatrists, UK, South Asian Forum on Mental Health & Psychiatry, UK Chapter, and World Association for Psychological Rehabilitation (WAPR). At Hotel Pearl Continental and Fountain House, Lahore. September 17-20, 2004
99. Organized and conducted a two--day workshop on "Counseling the Victims and Survivors of Domestic Violence" at the Department of Psychology and Applied Psychology, University of the Punjab. September 2004.
100. Organized and conducted a two--day workshop on "Developing counseling package for victims of domestic abuse" under the DFID linkage, at the Department of Psychology and Applied Psychology, University of the Punjab. 2004.
101. Organized a seminar on "Advocating for victims of domestic violence" at The Department of Applied Psychology on 21st June 2004.
102. Radio interview conducted by Mass Communication on inspiring young students on 27th April 2004.
103. Conducted Programs on “Addressing Women’s Issues” for Radio Pakistan from October 2003-2004.
104. Organized and conducted a two--day workshop on "Counseling the Victims and Survivors of Domestic Violence" at the Department of Psychology and Applied Psychology, University of the Punjab. September 2004.
105. Organized and conducted a two--day workshop on "Counseling the Victims and Survivors of Domestic Violence" at the Department of Psychology and Applied Psychology, University of the Punjab. September 2004.

106. Organized one day Seminar on Cognitive Therapy conducted under DFID Higher Education Link program at Department of Applied Psychology 22nd April 2004.
107. Conducted a training workshop for Mental Health Practitioners on "Understanding violence against women", organized under the DFID Higher Education Link Program at P.C Lahore on 26th March 2004.
108. Paper Presented on "Iron deficiency Mental Health of women" at Department of Psychology Baha-Ud-Din Zikriya University on 18th March 2004.
109. Participated on "Inspiring Women" the 10th SAARC Writer's Conference at the Al-Hamra Hall Lahore from 12th to 14th March 2004.
110. Participated as a panel discussant at the National Conference on Women Issues, at The Department of Applied Psychology on 11th March 2004.
111. Contributed to a workshop on "Gender Sensitization", organized by the Fatima Jinnah Women University and the Canadian High commission, Islamabad February, 23, 24 2004.
112. Participated in Jung seminar on "Depression in Women" on 8th February 2004.
113. Participated in Seminar on "Child Rights and Protection" organized by Directorate General Social welfare, Women Development and Bait-ul-Maal, Government of the Punjab, and Lahore in collaboration with UNICEF. December 2003.
114. Conducted a workshop on "Measurement of Emotional Quotient" Emotional Quotient", at Civil Services Academy, Lahore on 31st July to 2nd August 2003.
115. Participated in Conference on "Environmental sustainability" at Kinnaird College on 27th March.

116. Organized training workshop on "Different Aspects of Child Abuse" in collaboration with SAVERA on January 22, 2003.
117. Organized Seminar on "Intervention for violence against Women: Pakistani Perspective" at the Department of Psychology & Applied Psychology, University of the Punjab, Lahore. 22 November 2003.
118. Conducted a workshop on "Measurement of Emotional Quotient" at Civil Services Academy, Lahore on 1st Aug to 2nd Aug, 2003.
119. Conducted a workshop on "Theories of Emotional Quotient", at Civil Services Academy, Lahore on 31st July, 2003.
120. Conducted a workshop on "Intelligence Quotient to Emotional Quotient", at Civil Services Academy, Lahore. 30th July, 2003.
121. Conducted workshop on " Motivation for Better Performance ," at the Department of Psychology /Applied Psychology , Punjab University , Lahore. in June, 2003.
122. Participated in Seminar on "Stress" held at Health Sciences University, at Civil Services Academy, Lahore on 8th July, 2003.
123. Organized Seminar on "Psychological Intervention" at the Department of Applied Psychology, Punjab University, May 19, 2002.
124. Organized Seminar on "Diagnostic Tests" in Collaboration with British Council. May 5, 2002.
125. Presented a paper on "The Interpersonal Aspects of Depression", in 7th International Conference of PACP organized by Pakistan Association of Clinical Psychologists from 20th to 21st April, 2002.

126. Organized Higher Education Link Project Dissemination Seminar at the Department of Psychology & Applied Psychology, University of the Punjab, Lahore on Friday, March 28, 2003.
127. Organized Extension lecture on “Speech Therapy” with Ms. Sharmeen Tarrar (Speech Therapist) at the Department of Psychology & Applied Psychology, University of the Punjab, Lahore on Tuesday, February 4, 2003 at 10.00 a.m.
128. Chaired a Scientific session in conference on “Positive Psychology” organized by the Department of Psychology, Government College University Lahore, on 25th January 2003.
129. Participated in two days workshop on “Building a National Knowledge Base on Child Labor”, organized by ILO at Islamabad. January 2003.
130. Participated in the seminar on “Gender Sensitization” organized by Management and Professional Development Department, Government of the Punjab in collaboration with Lahore College for Women University and National Productivity Organization, Govt. of Pakistan. January 2003.
131. Conducted workshop on "Resolving Conflicts" at the Department of Psychology/ Applied Psychology, University of the Punjab, Lahore in February, 2002.
132. Organized a workshop on “Protection of Rights of women and Children”, organized by Directorate General Social Welfare, Women Development and Bait ul Maal, Government of the Punjab, Lahore on 11th Nov. 2002.
133. Conducted a seminar on “Psychology Hazards of Child Labor”, organized by the Labor Department, Government of the Punjab, Lahore in collaboration with UNESCO, 2002.
134. Participated in “Workshop on Wechsler Abbreviated Scale of Intelligence

(WASI) Treatment Plan”, organized by Training and Developmental Resource Center for Childhood Disabilities (TDRC) at Amin Maktab, Lahore, 2002.

135. Delivered a lecture on “Student Teacher Relationship and Assessment, Evaluation and Feedback” organized by the Department of Human Resources Development Centre, University of the Punjab, Lahore on August 24, 2002.
136. Contributed in a seminar on “Assessment, Evaluation and Feed Back” organized by the Department of Human Resources Development Centre, University of the Punjab, Lahore on August 21, 2002.
137. Participated in XIII Mental Health Movement organized by Department of Psychology, Government College, Lahore from April 26-29, 2002.
138. Presented a paper on “Optimism, Self Mystery and Depression” in 7th International Conference of PACP organized by Pakistan Association of Clinical Psychologists from 20th to 21st April, 2002.
139. Presented a paper on “Chronic Stress and Coping Styles: A Comparison of Male and Female University Students”, in 7th International Conference of PACP organized by Pakistan Association of Clinical Psychologists from 20th to 21st April, 2002.
140. Presented a paper on “Women in Developing Pakistan, A Psychological Perspective” in Conference of Psychology” organized by Afro Asian Psychological Association on 12th March, 2002.
141. Participated in a Seminar on ‘Gender Based Violence and Dowry” organized by the British Council, Lahore and PTV at .P.C. Lahore on 14th March, 2002.
142. Conducted a two-day workshop on “Stress Management” at Punjab Nursing Board, Lahore, on 7-8 March, 2002.

143. Participated as Panelist in a Panel Discussion on “What makes a Good Teacher” in Orientation Programme for New Faculty 2002 arranged by Human Resources Development Centre, Punjab University, Lahore on 24th Jan, .2002.
144. Delivered a lecture on “Student-Teacher Relationship (Mentoring and Tutoring)” in Orientation Programme for New Faculty 2002 arranged by Human Resources Development Centre, Punjab University, Lahore on 14th Jan, 2002.
145. Organized Seminars on “Content Analysis” for the M. Phil / Ph.D scholars in collaboration with Dr. Muhammad Anwar, Professor and ex-Chairman, Department of Sociology, Punjab, University, Lahore, December 12, 2001.
146. Organized two Seminars on “Qualitative Research” in collaboration with Dr. Muhammad Hafeez, Assistant Professor, Department of Sociology, P.U. Lahore, at the Department of Psychology, Punjab University, December 5, 2001.
147. Organized National Conference of Psychology on “Psychological Issues, a Pakistani Perspective”, Punjab University, Lahore, November 10, 2001.
148. Participated in Higher Education Link Coordinators Conference organized by the British Council, Islamabad, October 31st to November 1st 2001.
149. Paper presented on “Work and Mental Health” in the conference organized by Department of Psychiatry, Fatima Jinnah Medical College and Sir Ganga Ram Hospital, Lahore on the eve of World Mental Health Day October 10th 2001.
150. Panel Discussant in the seminar on “Mental Health Across Gender” organized by King Edward Medical College & Allied Hospitals Lahore on behalf of Pakistan Psychiatric Society & Pakistan Association of Clinical Psychologists on the eve of World Mental Health Day October 10th 2001.
151. Discussant “Role of Females in the Peace Process” workshop arranged by Ford Foundation South Asia and Human Right Study Centre, University of Peshawar, August 21st to August 23rd 2001.



152. Organized Seminar on “Behavioral Neuro Science” in collaboration with Sadaqat Baloch, Registrar, Govt. Mental Hospital, Lahore at the Department of Applied Psychology Punjab University, April 23, 2001.
153. Organized two day workshop on “Hypnosis”, at the Department of Applied Psychology, in collaboration with Ms. Farzana Noor, Consultant Clinical Psychologist, March 28, 29, 2001.
154. Presented at workshop on “Violence Against women” in the Department of Applied Psychology, March 18, 2001.
155. Participated as discussant in the National Workshop on “Gender & Governance”, organized by Women Research and Research Centre, Fatima Jinnah Women University, Rawalpindi in collaboration with the British Council, Islamabad, 19-20 March, 2001.
156. Participated as a resource person for the updating of M. Sc. Syllabus for Psychology/Applied Psychology in “Curriculum Development” organized by University Grants Commission at Karachi, Feb. 2001.
157. Organized a seminar on ”Shelter homes and destitute women”, At the Department of Applied Psychology, Punjab University, Lahore. In 2000.
158. Conducted a Workshop on "Strategies for Conflict Resolution", At the Department of Applied Psychology, Punjab University, Lahore. In April, 2000.
159. Organized conference on “New Perspectives in Research on Gender” at Department of Applied Psychology, March 8, 2000.
160. Gave a talk on “No where to go: Destitute women” at mental health week, Government College, Lahore, 1999.
161. Paper presented on "Women in Distress” at the Symposium on Social Issues and

Problems Psychology club, Government College, Lahore, 1997.

162. Workshop conducted on "Barriers in Interpersonal Communication" at the Institute of Chartered Accountants, Lahore, 1997.
163. Paper presented on "Aggression in Children and Parental Disciplining Techniques", at the Model Town, College for Women, 1997.
164. Paper presented on "Mental Health of Pakistani Women and Their Children Living in Extended and Nuclear Families", at the National Conference on Research for Women. Aga Khan University, Karachi, May 1997.
165. Paper presented on "Personality Factors and the Recovery Rate of Heart Patients After Coronary Artery Bypass Surgery", at 9<sup>th</sup> International Psychiatric Conference, Karachi 26-28 Feb. 1997.
166. Presented a paper on "Coping with Menstrual Cycle Changes", at the National Symposium on Impact of Research on Health, Education and Community Development, Aga Khan University, Karachi Sept. 1996.
167. Presented a paper on "Gender Issues in Psychology", at the In-Service Training Programme of the Directorate of Staff Development, Lahore June, 1996.
168. Presented a paper on "Effect of Age and Gender on Expected Personality Traits", at the Second Muslim Psychological Conference. Government College, Lahore 17 May, 1996.
169. Presented a paper on "Level of Aggression in Madrassas and Public School Boys", at the Second Muslim Psychological Conference. Quaid-e-Azam Library, Lahore 16 May, 1996.
170. Presented a paper on "Role of Maternal Depression in the Perception of Child's Maladjustment", at the Regional Meeting of World Psychiatric Association,

Lahore March, 1996.

171. Presented a paper on "Social Perception understanding others and ourselves", at the In service Teachers Training Programme for Home Economics Colleges at the Institute of Staff Development, Lahore 1996
172. Presented a paper on "Attribution: The Process of knowing others" at the In service Postgraduate Teachers Training Programme of Psychology, at Government College, Lahore 1995.
173. Presented a paper on "Social Cognition: Thinking About the Social World" to in service postgraduate teachers of Psychology at Government College, Lahore 1995.
174. Presented a paper on "Stress and Migration: A Study of Muslim Girls in the U.K", in the Conference PPS "Mental Health Care in Developing Countries", Lahore, 1995.
175. Member Organizational Committee, In Service Postgraduate Teacher's Training held by Pakistan Psychological Association, Murree 31st July to 4th August, 1994.
176. Presented a paper on "Building Self-Esteem" at the National Institute of Public Administration (NIPA), Lahore, 1995.
177. Presented a paper on "Coping with Job Stress" at the National Institute of Public Administration, Lahore. 1995.
178. Presented a paper on "Impression Formation", in the First Workshop for In service Postgraduate Teachers of Psychology, organized by PAKISTAN PSYCHOLOGICAL ASSOCIATION, Murree 31st July to 4th August, 1994.
179. Member Organizational Committee and Presented a poster paper on "Fear of

- Crime in Women" at the Pakistan Psychological Association, 9th International Conference, Lahore 3-5, April, 1994.
180. Presented a poster paper on "What worries the mother more marriage of sons or the daughters" at the Pakistan Psychological Association, 9th International Conference, Lahore, 3-5, April 1994.
  181. Organized and Conducted Scientific Session "Violence and Aggression", PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Lahore 3-5, April, 1994.
  182. Organized and Conducted Scientific Session "Narcotics", PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Lahore 3-5, April 1994.
  183. Presented a paper on "Postnatal Depression: Planned Vs. unplanned Pregnancy", PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Lahore April 3-5, 1994.
  184. Presented a paper on "Dual career Families and Father's Role" PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Lahore 3-5, April, 1994.
  185. Presented a paper on "Threat of Violence as an Instrument of Social Control of Women", PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Lahore 3-5, April 1994.
  186. Presented a paper on "The Asian Muslim girls' Attitude Towards Marriage: A Comparative Study of Adolescents in Bradford (U.K) and Mirpur (Azad Kashmir)", PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Islamabad, April, 1994.
  187. Poster Presentation on "Attitude of Husbands Towards working Wives",

PAKISTAN PSYCHOLOGICAL ASSOCIATION, 9th International Conference, Lahore 3-5, April, 1994.

188. Conducted a workshop on "Perception" for In service Teachers at University Grants Commission Office, Lahore Dec. 1993.
189. Presented a poster paper on "A comparative study of Video Watching of Teenagers as Reported by the mothers", Psychology Forum. October, 1993.
190. Presented a paper on "Postnatal Depression" at the Centre for Clinical Psychology, Punjab University, Lahore, Oct. 1993.
191. Presented a paper on "Theoretical Perspectives and the Determinants of Self-Concept" at Centre for Clinical Psychology, Punjab University, Lahore Feb. 1993.
192. Conducted a Workshop on "Child's Mental Health", at Psychiatry Department, Mayo Hospital, Lahore, Jan. 1993.
193. Organized Seminar on "Towards an Equal Opportunity Environment for the Girl Child in Pakistan", in Collaboration with British Council, Oct. 2000.
194. Presented a paper on "Attitude and its related Aspects" at Psychological Operations Course held at Army Staff Headquarters, Lahore Feb. 1992.
195. Presented a paper on "Psychological Problems of Rape Victims" in workshop on War Against Rape (WAR) at CIRA, Lahore Feb. 1992.
196. Paper presented on "Child-rearing practices of Pakistani and Scottish Parents: A Cross Cultural Comparison", at the Seminar on Cross-Cultural Perspectives of Behavior, Goethe Institute, Lahore 17th Oct. 1991.

197. Delivered a lecture on "The girl child: An investment in the future", at the seminar on Development Programmes for Girl Child, sponsored by UNICEF Government College, Lahore, Oct. 1992.
198. Paper presented on "Parents Disciplinary Behavior and the Self-Esteem of the Child" at the Pakistan Psychological Association 8th International Conference of Psychology held at Islamabad, 8-11 Oct. 1991.
199. Paper presented on "Socio-demographic Characteristics Associated with Depression in Pregnancy and Postpartum" at the 8th International Conference of Psychology held at Islamabad, 8-11 Oct. 1991.
200. Paper presented on "Self-Concept/Self-Esteem" at the 8th International Conference held at Islamabad 8-11 Oct. 1991.
201. Member Organizational Committee, 8th International Conference of Psychology held at Islamabad, Oct 8-11, 1991.
202. Paper presented on "Religious beliefs of Female Muslim Adolescents in Britain: Comparative Study" at the Pakistan Psychological Association National Conference, Lahore 25-28 Sep. 1991.
203. Paper presented on "Trainable mentally Retarded Child's Impact on the Family", at the National Conference, Lahore 25-28 Sep. 1991.
204. Paper presented on "Increasing Trend of Crimes in Students: at the Seminar on Increasing Trend of Crimes in Students, Afro-Asian Psychological Association, Avari, Lahore 11th March, 1991.
205. Paper presented on "Post Partum Depression" in "Update Psychiatry" 2nd Advance course in Psychiatry at the Department of Psychiatry, A.I.M.C. Services Hospital, Lahore 21st Feb. 1991.
206. Paper presented on "Need for women Studies in Pakistan" in the Seminar on the

- Development of Curriculum for Women Studies, Karachi University, 2-5 Feb. 1991.
207. Paper presented on "Contact Hypothesis: the attitude of nurses towards mental illness" in "Bazm-e-Nafsiat". Alhamra, Lahore Jan. 1991.
  208. Paper presented on "Depression, Anxiety and Attribution: Comparative Study of Breast Cancer and Other Patients", in the 8th International Psychiatric Conference of Pakistan, Islamabad 10-14 December, 1990.
  209. Paper presented on "Identity and Self-Esteem", at the Seminar on Self-Esteem, National Institute of Psychology, Islamabad 29th Nov. 1990.
  210. Paper presented on "Perceived Parental Behaviour and Self-Esteem", at the First Afro-Asian Congress, Lahore 5-8 March, 1990.
  211. Paper presented on "Social Psychological Problems of Women in Pakistan", at the Workshop on "Women's Studies", NIPA, Lahore. Jan. 14-15, 1990.
  212. Paper presented on "Self-Esteem and Social Support: A Study of Pakistani Women", at the Seminar on Social Psychological Problems in Pakistan, held at the National Institute of Psychology, Centre of Excellence, Quaid-e-Azam University, Islamabad Oct. 29-30, 1989.
  213. Paper presented on "The Role of Educational Psychologist in Mental Health", at the Workshop on The role of Psychologists in Mental Health, UNESCO, Services Hospital, Lahore Sep. 1989.
  214. Paper presented on "Motivation and Industrial Workers", at the Workshop on Labor Administration held at the Industrial Relations Institute, Lahore. June, 1988.
  215. Paper presented on "Building the Self-Esteem of the Physically Handicapped

- Children", at the National Workshop on Care and Rehabilitation of Physically Handicapped, held at the Institute of Physically Handicapped Children, Lahore, 7, April, 1988.
216. Paper presented on "Perceived Self and Significant Others", at the Seventh Pakistan Psychological Conference, Lahore March, 1988.
217. Paper presented on "Role and Responsibilities of Psychologist" at the Workshop on the Roles and Responsibilities of Psychologists in Pakistan", held at the National Institute of Psychology, Islamabad, Jan. 17-21, 1988.
218. Paper presented on "Self-Esteem and Teaching Techniques for Mentally handicapped Children", at the Workshop on Teaching Techniques at the Special Education and Training Centre for Children, 31-F, Lower Mall, Lahore July, 1987.
219. Paper presented on "Self-Esteem and Rehabilitation of Brain Damaged" at the Seminar on Psychological Rehabilitation of Patients Suffering from Chronic Conditions, Centre for Clinical Psychology, Lahore 16th April, 1987.
220. Paper presented on "Self-Esteem of mentally Handicapped Children" at Workshop on Psychological and Educational Techniques in Special Education, Centre for Clinical Psychology, University of the Punjab. Lahore 12-25, 1986.
221. Paper presented on "Research Methods in Social Psychology" in the national Workshop on Research Methods in Psychology and Tools in the Services of Education, National Institute of Psychology, Islamabad July, 5-12, 1980.
222. Paper presented on "Parental Role in Adjustment of Handicapped Child" at the Seminar on Child Development, Social Welfare Department, Model Town Centre, Lahore March, 1972.

#### **COUNTRIES VISITED IN CONNECTION WITH PROFESSIONAL WORK**



Holland, U.K. Italy, U.S.A., Canada, China, Sweden, Norway, Malaysia, Singapore, Thailand and India.

**Dr. Farhat Jamil**[farhat.nadeem@bnu.edu.pk](mailto:farhat.nadeem@bnu.edu.pk)[fjamil001@gmail.com](mailto:fjamil001@gmail.com)**Personal Data**

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Name: Farhat Jamil  
 Date of Birth:

02-11-1979  
 CNIC:

3520014282416  
 Nationality:

Pakistani

**Education and Credentials**

1. PhD Applied  
 Psychology

2010 Punjab University, Lahore.

2. M.Sc. Applied  
 psychology

2000

Punjab University, Lahore

3. B.A. (Psychology,  
 Economics)

1998

Punjab University, Lahore

4. F.Sc. (Pre  
Medical)

1996

Lahore Board.

5. Matriculation

1994

Lahore Board.

### **Academic Honors and Distinctions**

1. Awarded Noor Qayyum Medal for being outstanding student in M.Sc. Psychology.
2. Awarded HEC Indigenous Scholarship Batch-II 2004.
3. Awarded Academic Roll of Honor in M.Sc. Psychology (1998-2000)
4. Held 2<sup>nd</sup> position in Ph D course work.

### **HEC Approved PhD Supervisor since 25<sup>th</sup> October, 2019**

### **Professional Experience**

1. Nov.2010 till date
  - a. Assistant Professor at Institute of Psychology, Beaconhouse National University, Lahore.

2. Sep. 2006 to Oct. 2010
  - a. Visiting Lecturer at Institute of Psychology, Beaconhouse National University, Lahore.
3. April 2004 to June 2006
  - a. Lecturer in Psychology at Queen Mary College Lahore.
4. Sep. 2002 to Sep. 2003
  - a. Lecturer in Psychology at Govt. Degree College (W) Kasur.
5. Sep. 2001 to June 2002
  - a. Lecturer in Psychology Department at Govt. Fatima Jinnah College (W) Lahore.

### **Other Professional Experience**

- I. Member, Psychological assessment committee at Punjab Public Service Commission, Lahore.
- II. External Examiner for evaluation of dissertations of MS, M. Phil., B.Sc. (Hons.), and M.Sc. programs at
  - i. Institute of Applied Psychology, University of the Punjab
  - ii. Centre for Clinical Psychology, University of the Punjab
  - iii. Department of Psychology, Government College University (GCU) Lahore.
  - iv. Department of Psychology, Lahore College for Women University (LCWU) Lahore.
  - v. School of Social Sciences, COMSATS University, Lahore.
  - vi. School of Social Sciences, University of Management and Technology (UMT), Lahore
- III. Member, Research Committee, IP, BNU
- IV. Research coordinator at Institute of Psychology (IP), BNU since March, 2011.
- V. Member, Academic Board of Studies, IP, BNU
- VI. Member Examination and Semester committee at IP, BNU.
- VII. Member, Students' Guidance committee at IP, BNU.
- VIII. Chief coordinator, Psychometric Lab. at IP, BNU since Nov. 2010.

### **Academic Areas of Interest**

1. Women's Health Issues
2. Psychometrics & Psychological Assessment
3. Quantitative data analysis

### **Research Publications Categorized according to Impact factor**

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1. **Jamil, F., & Khalid, R.** (2016). Factors Contributing to Experience of Menopausal Symptoms of Women: Findings of a Pakistani Sample. *Journal of Sex Roles*, 75, 612-622. Doi: 10.1007/s11199-016-0690-2 (**Impact Factor: 2.61**)
2. Imran, N., Rumesa, F., & **Jamil, F.** (2018). Co morbid Schizophrenia and Anorexia nervosa in an adolescent male. *Pakistan Journal of Medical Sciences*, 34, (5), 1297-1299. Doi: [10.12669/pjms.345.15808](https://doi.org/10.12669/pjms.345.15808) (**Impact Factor: 0.83**)
3. Maqsood, A., **Jamil, F.**, & Khalid, R. (2018). Thinking Styles and Belief in Superstitions: Moderating Role of Gender in young Muslim Adults. *Pakistan Journal of Psychological Research*, 33(2S), 335-348. (**HEC X Category**)
4. **Jamil, F.** & Khalid, R. (2016). Predictors of Academic Achievement in Primary School Students. *Pakistan Journal of Psychological Research*, 31(1), 45-60. (**HEC X Category**)
5. Javed, F., **Jamil, F.**, & Khalid, R. (2018). Gender Differences in Nutritional Quality of Life in Young and Old adults. *Annals of King Edward Medical University*, 24(S), 872-878 (**HEC X category**)
6. Shahbaz, S., **Jamil, F.**, & Khalid, R. (2019) Cyberbullying, Self-Esteem and Interpersonal Trust in Young Adults. *Pakistan Journal of Social and Clinical Psychology*, 17(1), 38-46. (**HEC Y category**)
7. Khan, F., **Jamil, F.**, & Khalid, R. (2017). Parental Modeling as Predictor of Filial Obligation in Young Adults. *Pakistan Journal of Psychology*, 48(2), 46-58. (**HEC Y category**)
8. Saleem, A., **Jamil, F.**, & Khalid, R. (2017). Stress and Coping Strategies of Security Guards working in Universities. *Pakistan Journal of Social and Clinical Psychology*, 15(2), 29-36. (**HEC Y category**)
9. Malik, S., Khalid, R., & **Jamil, F.** (2018). Adaptation and Validation of COPE Inventory for Earthquake Survivors in Pakistan. *Journal of Pakistan Psychiatric Society*, 15(1), 31-35. (**HEC Y category**)
10. Malik, S., Nadeem, M., & **Nadeem, F.** (2018) Gender Differences in University Student' Attitude towards Gender Roles. *Pakistan Journal of gender Studies*, 17, ISSN: 2072-0394. (**HEC Y category**)

11. Zahra, J., **Jamil, F.**, & Khalid, R. (2014). Development and Preliminary Validation of an Indigenous Scale for Assessment of Learning Disabilities. Scale. *Pakistan Journal of Social and Clinical Psychology*, 12(2), 27-37. **(HEC Y category)**
12. **Nadeem, F.** & Khalid, R. (2012).Development and Validation of Menopausal Symptoms Scale for Pakistani Sample. *Pakistan Journal of Social and Clinical Psychology*, 10(2), 75-81. **(HEC Y category)**
13. **Jamil, F.** & Khalid, R. (2009).Menopause and Related Issues. *Pakistan Journal of Psychology*. 40(2), 15-26. **(HEC Y category)**
14. **Jamil, F.** & Khalid, R. (2015). Use of Technology and Moral Competence across Younger and Older Adults. *Journal of Arts and Social Sciences*, 2(2), 21-31. **(HEC Approved Journal)**

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### **Other Publications**

Attitude towards honor killings, religious commitment and patriarchal beliefs in young Muslim adults	Abstract published in Annual Conference of British Psychological Society, Psychology of Women and Equalities Section, Cumberland Lodge, Windsor, UK on July 10-12, 2019
Parental Acceptance Rejection, Emotional Intelligence and Narcissism in Young Adults	Abstract published in International Conference of Applied Psychology: Practices and Interventions, organized by Institute of Applied Psychology, University of the Punjab on 6-8 <sup>th</sup> February, 2019.
Swimming Against the Tide: Women in the Police Profession	Abstract published in International Conference Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects organized by Department of Psychology, GCU on 17-19 <sup>th</sup> December, 2019.
Gender of Young Adults: Predators and Preys in the Cyber Realm	Abstract published in International Conference Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects organized by Department of Psychology, GCU on 17-19 <sup>th</sup> December, 2019.
Narcissism in Young Adults: Role of Parental Acceptance Rejection and Emotional Intelligence in relation to Gender	Abstract published in International Conference Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects organized by Department of Psychology, GCU on 17-19 <sup>th</sup> December, 2019

- Attitude towards Women wearing Hijab across Gender  
Abstract published in International Conference on Gender: Perspectives, Realities and Challenges held at LCWU on 3-5<sup>th</sup> December, 2018
- Women Police Officers: Stress and Coping  
Abstract published in International Conference “Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad on November 29-30, 2018.
- Cyberbullying, Self-Esteem and Interpersonal Trust in Young Adults  
Abstract published in Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad on November 29-30, 2018.
- Filial Obligation: Parental Modeling and Gender  
Abstract published in Annual Conference of British Psychological Society, Psychology of Women and Equalities Section, Windsor, UK, on 11-13<sup>th</sup> June, 2018.
- Cultural Attitude as a Predictor of Cynicism in Young Adults  
Abstract published in International Conference on Emerging Trends in Psychology: Preparing for 21st Century” at Foundation University, Islamabad on 18th & 19th December, 2017.
- Perceived Parental Acceptance and Rejection, Personality Traits and Self-Compassion among Adolescents  
Abstract published in International Conference on Emerging Trends in Psychology: Preparing for 21st Century” at Foundation University, Islamabad on 18th & 19th December, 2017.
- Decision Making Styles and Compulsive Buying Behavior in Young Adults  
Abstract Published in International conference on Health and Wellbeing at LCWU, on 11<sup>th</sup> to 13<sup>th</sup> December, 2017.
- The Relationship between Cultural Conservatism, Egalitarianism and Cynicism among Pakistani Young Adults  
Abstract Published in International conference on Health and Wellbeing at LCWU, on 11<sup>th</sup> to 13<sup>th</sup> December, 2017.
- The Dark Triad of Personality, Aggression and Impulsivity in Perpetrators of Honor Killing  
Abstract published in International Conference on Peace, Conflict, and Violence: Challenges and resolution Strategies at COMSATS Lahore during 29<sup>th</sup>-30<sup>th</sup> November, 2017.  
Abstract Published in International conference on Health Psychology at GCU between 26-28<sup>th</sup> April, 2017.
- Workplace stress and coping strategies of security

guards working in private universities

<p>Gender differences in nutritional quality of life in young and old adults</p> <p>Thinking Styles and Belief in Superstitions: Moderating Role of Gender in young Muslim Adults</p>	<p>Abstract Published in International conference on gender at LCWU on 17<sup>th</sup> November, 2016.</p> <p>Abstract Published in International conference on gender at NIP, Islamabad on December 1<sup>st</sup>, 2016.</p>
<p>Factors contributing to Good Grades in School</p>	<p>Abstract Published in International conference on Educational Psychology at NIP, Islamabad, in November, 2014.</p>
<p>Predictors of felt obligation among young adults</p>	<p>Abstract Published in International conference on Social Psychology at GCU in April 2014.</p>
<p>Prevalence and manifestation of Menopausal Symptoms in Pakistani women</p>	<p>Abstract Published in International Conference of British Psychological Society at Cumberland Lodge, UK in July, 2009.</p>

### **Journal Refereeing**

1. Reviewer for Journal of Behavioral Sciences, Institute of Psychology, Punjab University Lahore (*HEC X Category in Social Sciences*).
2. Consulting Editor of Pakistan Journal of Social and Clinical Psychology (PJSCP), GCU, Lahore (*HEC Y Category in Social Sciences*).
3. Reviewer for Journal of Arts and Sciences (*HEC Approved Journal*)
4. Sub-Editor of Psychological Research Abstracts at Institute of Psychology, Beaconhouse National University, Lahore.

### **Conferences and Research Activities**

1. Presented a poster "Parental Attachment, Self-efficacy and Academic Performance in Children with Recurrent Tonsillitis" at the International Psychiatric Conference "Prescription for Wellness: Working across boundaries" organized by Department of Psychiatry and Behavioral Sciences, Fatima Memorial Hospital in collaboration with Child & Adolescent Mental Health Special Interest Group, NUR International University, Pakistan Association of Social Psychiatry, Ijaz Psychiatric Institute and Connections on August 2-3, 2019.
2. Presented a poster "Spousal Support, Self Esteem and Psychological Wellbeing in Women with Polycystic Ovarian Syndrome (PCOS)" at the International Psychiatric Conference "Prescription for Wellness: Working across boundaries" organized by Department of Psychiatry and Behavioral Sciences, Fatima Memorial Hospital in collaboration with Child & Adolescent Mental Health Special Interest Group, NUR



- International University, Pakistan Association of Social Psychiatry, Ijaz Psychiatric Institute and Connections on August 2-3, 2019.
3. Presented a paper "Attitude towards honor killings, religious commitment and patriarchal beliefs in young Muslim adults." organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK on July 10-12, 2019.
  4. Presented a paper "Parental Acceptance Rejection, Emotional Intelligence and Narcissism in Young Adults" at International Conference of Applied Psychology: Practices and Interventions, organized by Institute of Applied Psychology, University of the Punjab on 6-8<sup>th</sup> February, 2019.
  5. Presented a paper "Swimming Against the Tide: Women in the Police Profession" at the International Conference Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects organized by Department of Psychology, GCU on 17-19<sup>th</sup> December, 2019.
  6. Presented a paper "Gender of Young Adults: Predators and Preys in the Cyber Realm" at the International Conference Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects organized by Department of Psychology, GCU on 17-19<sup>th</sup> December, 2019.
  7. Presented a paper "Narcissism in Young Adults: Role of Parental Acceptance Rejection and Emotional Intelligence in relation to Gender" at the International Conference Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects organized by Department of Psychology, GCU on 17-19<sup>th</sup> December, 2019.
  8. Presented a paper "Attitude towards Women wearing Hijab across Gender" at International Conference on Gender: Perspectives, Realities and Challenges held at LCWU on 3-5<sup>th</sup> December, 2018.
  9. Presented a paper "Women Police Officers: Stress and Coping" at 7<sup>th</sup> International Conference "Positive Psychology: Developing a Flourishing Community" organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad on November 29-30, 2018.
  10. Presented a poster "Cyberbullying, Self-Esteem and Interpersonal Trust in Young Adults "Positive Psychology: Developing a Flourishing Community" organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad on November 29-30, 2018.
  11. Presented a paper "Filial Obligation: Parental Modeling and Gender" organized by The British Psychological Society, held at Cumberland Lodge, Windsor, UK on July 11-13, 2018.
  12. Presented research paper titled "Cultural Attitude as a Predictor of Cynicism in Young Adults" in International Conference on Emerging Trends in Psychology: Preparing for 21st Century" at Foundation University, Islamabad on 18th & 19th December, 2017
  13. Presented research paper titled "Perceived Parental Acceptance and Rejection, Personality Traits and Self-Compassion among Adolescents" in International Conference on Emerging Trends in Psychology: Preparing for 21st Century" at Foundation University, Islamabad on 18th & 19th December, 2017
  14. Chaired a scientific session on the theme of "Behavioral and Psychological Problems" in International conference on Psychology at Lahore Garrison University, Lahore on 13<sup>th</sup> December, 2017.

15. Chaired a scientific session on the theme of “Personality and Health” in International conference on Health and Wellbeing at LCWU, on 11<sup>th</sup> to 13<sup>th</sup> December, 2017.
16. Member Scientific Committee for International conference on Health and Wellbeing Psychology at LCWU, on 11<sup>th</sup> to 13<sup>th</sup> December, 2017.
17. Presented research paper titled “Decision Making Styles and Compulsive Buying Behavior in Young Adults” in International conference on Health and Wellbeing at LCWU, on 11<sup>th</sup> to 13<sup>th</sup> December, 2017.
18. Presented research paper titled “The Relationship between Cultural Conservatism, Egalitarianism and Cynicism among Pakistani Young Adults” in International conference on Health and Wellbeing at LCWU, on 11<sup>th</sup> to 13<sup>th</sup> December, 2017.
19. Co-Chaired a scientific session on the theme of “ Violence and Violence Management: Role of Media/ Social Media” in International Conference on Peace, Conflict, and Violence: Challenges and resolution Strategies at COMSATS Lahore during 29<sup>th</sup>-30<sup>th</sup> November, 2017
20. Presented research paper titled “The Dark Triad of Personality, Aggression and Impulsivity in Perpetrators of Honor Killing” in International Conference on Peace, Conflict, and Violence: Challenges and resolution Strategies at COMSATS Lahore during 29<sup>th</sup>-30<sup>th</sup> November, 2017
21. Member Scientific Committee for International conference on Health Psychology at GCU between 26-28th April, 2017
22. Chaired a scientific session on the theme of “Physical Illness, Mental Health & the Health Care System” in International conference on Health Psychology at GCU between 26-28th April, 2017.
23. Presented research paper titled “Workplace stress and coping strategies of security guards working in private universities” in International conference on Health Psychology at GCU between 26-28th April, 2017.
24. Presented research paper titled “Gender differences in nutritional quality of life in young and old adults” in International conference on gender at LCWU on 17<sup>th</sup> November, 2016.
25. Presented research paper titled “Thinking Styles and Belief in Superstitions: Moderating Role of Gender in young Muslim Adults” in International conference on gender at NIP, Islamabad on December 1st, 2016.
26. Attended International Conference on “Forensic Psychiatry: Healing the Held” organized by University of Health Sciences (UHS) on 8-9th April 2016.
27. “Chaired the Scientific Session” at the 14th International Conference of Psychology (ICP 2015) held from 19th- 21st March 2015

28. Presented Research paper titled “Factors contributing to Good Grades in School” in International conference on Educational Psychology at NIP, Islamabad, in November, 2014.
29. Presented research paper titled “Predictors of felt obligation among young adults” in International conference on Social Psychology at GCU in April 2014.
30. Presented research paper titled” Predictors of procrastination among high achieving students” in International Conference of Pakistan Psychological Association on 31<sup>st</sup> October, 2013.
31. Presented research paper titled “Perception of aging and its impact on wellbeing among older adults” in International Conference on Developmental Psychology at GCU, Lahore on 27<sup>th</sup> March, 2012.
32. Presented research paper titled “Prevalence and manifestation of Menopausal Symptoms in Pakistani women” in a conference organized by British Psychological Society at Cumberland Lodge, UK in July, 2009.
33. Attended International conference on Psycho-trauma at Jinnah Convention Centre, Islamabad, on 30th & 31st Aug. 2008.
34. Presented research paper titled “Menopause and related Issues” in International conference on mental health at Avari Towers Lahore on 18<sup>th</sup> March 2008.
35. Attended Conference by Pakistan Psychological Association in April, 2007 at Lahore College (W) University, Lahore.
36. Presented research paper titled “level of aspiration as function of reinforcement” in symposium arranged by Rumi Psychological Society, at Govt. Fatima Jinnah College (W) Lahore in April 2001.
37. Attended one day research symposium arranged by Rumi Psychological Society, at Govt. Fatima Jinnah College (W) Lahore in April 2001.
38. Attended Conference by Pakistan Psychological Association in March, 2001 at Govt. College University, Lahore.

### **Workshops/Trainings Conducted**

1. Conducted a workshop on “Research Report Writing: An APA 7<sup>th</sup> Manual Update” at Institute of Applied Psychology, Punjab University, Lahore on 4<sup>th</sup> March, 2020.
2. Developed part of Module 2 (Psychological Assessment) for School Psychology Certification Course during Spring, 2017

3. Taught Module 2 (Psychological Assessment) to School Counselors during 14<sup>th</sup> March 2017 to 28<sup>th</sup> March 2017
4. Delivered lecture on “Thesis Writing and Data Analysis” at Department of Psychology, Govt. Post Graduate College for Women, Cooper Road, Lahore on 20<sup>th</sup> May, 2017.
5. Conducted workshop on “Factor Analysis: Theory and Application” at BNU on 5<sup>th</sup> June, 2013.
6. Conducted workshop on “Introduction to Hypothesis Testing” at BNU on 3<sup>rd</sup> June, 2013.
7. Conducted workshop on “SPSS and Data Analysis” at BNU on 7<sup>th</sup> May, 2012.
8. Conducted workshop on “MANOVA & ANCOVA using SPSS” at Department of Psychology, GCU Lahore in June, 2011.

### **Workshops/Trainings Attended**

1. Attended workshop on “Neuropsychological Assessment” organized by Department of Psychiatry and Behavioral Sciences, Fatima Memorial Hospital in collaboration with Child & Adolescent Mental Health Special Interest Group, NUR International University, Pakistan Association of Social Psychiatry, Ijaz Psychiatric Institute and Connections on August 2-3, 2019.
2. Attended a one day training workshop on “Quality in Qualitative Data Collection” on 11<sup>th</sup> December, 2017 by Dr Richard De Visser at LCWU, Lahore.
3. Attended a one day training workshop on “PhD Students’ Supervision” on 24<sup>th</sup> March, 2017 at HEC Regional Centre, Lahore.
4. Workshop on “Writing Research Article for Publication” at Department of Psychology, GCU Lahore on 10<sup>th</sup> June, 2011.
5. Workshop on “Citation and Referencing in Research” by using Endnote Software on 14<sup>th</sup> of January, 2011 at University of Lahore. Attended a seminar on “Somatization in children and adolescents” at Mayo Hospital.
6. Attended a workshop on “Assessment and management of behavioral problems among children” at GCU.
7. Attended two days workshop on “Structural Equation Modeling and Confirmatory Factor Analysis by using Amos software” at COMSATS Institute of Information Technology, on 23<sup>rd</sup> & 24<sup>th</sup> April 2010.

8. Attended three days workshop on qualitative research methods at IBA, University of the Punjab, with hands on practice of In Vivo software on 28<sup>th</sup> March, 3<sup>rd</sup> & 4<sup>th</sup> April 2009.
9. Workshop on EMDR in International conference on Psycho-trauma at Jinnah Convention Centre, Islamabad, on 30<sup>th</sup> & 31<sup>st</sup> Aug. 2008.
10. **Research Methods in Psychology** at Govt. College University, Lahore on Oct. 13<sup>th</sup> 2004.
11. Workshop on **Domestic Violence** at Pearl Continental Hotel, Lahore in April 2004.

## Thesis Supervision

### MS in Clinical and Counseling Psychology

1.	Fatima Khan	Development and Validation of impact of Terrorism Scale	2013-2015
2.	Aisha Maqsood	Locus of Control and Thinking Styles in Relation to Superstitious Beliefs among Young Muslim Adults	2013-2015
3.	Wardah Khalid	Comparative Study of Prevalence and Predictors of Academic Procrastination in High and Low Academic Achievers	2013-2015
4.	Fatima Javed	Nutritional quality of Life across Gender and Different Age Groups	2013-2015
5.	Rabia Zafar	Perceived Parenting styles, social skills and Self-Efficacy in Adolescents	2013-2015
6.	Nazia Javed	Perceived Parenting Styles and Aggression in University Students	2013-2015
7.	Hina Sana	Emotional Intelligence and Life Satisfaction across Family Structure	2013-2015
9.	Uzma Yousaf	Impact of Family Structure on Self-esteem and Social Adjustment of Children	2010-2013
10.	Mahrukh Aslam	Marital Quality of Parents and Adolescents' Academic Achievement	2009 -2012
11.	Abbas Ali Waris	Depression and Coping Strategies among Mothers of children with Epilepsy.	2010 -2012
12.	Romana Akram	Relationship between Mothers' Emotional Quotient and Behavioral Problems in Children.	2010 -2012
13.	Faiza Zaib	Relationship between Social Support and Quality of Life in Hepatitis C Patients.	2010 -2012

### M.Phil. Applied Psychology

1.	Javaria Zahra	Development of an indigenous scale of learning disabilities.	2011-2013
2.	Raheela Tariq	Predictors of procrastination among undergraduate students of Pakistan	2011-2013

**M.Sc. / B.Sc. (Hons.)**

1.	Aisha Imran	Teachers' perception & coping of behavioral problems in primary school children	2011-2013
2.	Aisha Komal Aman	Perception of learning disabilities among primary school teachers	2011-2013
3.	Minhal Sadiq	Teachers' perception of behavioral problems in secondary school children.	2011-2013
4.	Muntaha Ahmad	Identifying Environmental stressors and coping strategies of the intermediate class students	2011-2013
5.	Muhammad Hassaan Khan	Identifying academic stressors and coping strategies of matriculation students	2011-2013
6.	Maryam Akhlaq	Societal Attitude towards Employees working at Call Centers	2009 -2013
7.	Fakiha Khan	Stressors and Coping Strategies of Female Media Reporters	2009 -2013
8.	Sarah Tahir Siddique	Excessive Internet Use and Academic Achievement of high school students in Lahore	2009-2011
9.	Kashaf Sheikh	Stress and Coping in Mothers of Autistic Children	2007-2011
10.	Maha Qaiser	Role of parenting styles and family environment in relationship to adolescents' academic performance	2007-2011
11.	Sobas Ikram	Students' perception of teachers' behavior and its effect on their self esteem; a comparison of high and low achievers	2007-2011

**Research Projects Supervised at B.Sc. (Hons.) Level**

1. Attitude towards Honor Killing, Religious Commitment and Belief in Patriarchy in Young Adults
2. Reasons for Crime, Personality, and Guilt in Women Prisoners
3. Spousal Support, Self Esteem and Social Adjustment in Women with Polycystic Ovarian Syndrome
4. Empathy and Gender Role Attitudes across Generation and Gender
5. Moral Courage in relation to Empathy in Female Nurses
6. Parental Attachment, Self-efficacy and Academic Performance in Children with Recurrent Tonsillitis
7. Parental Acceptance Rejection, Emotional Intelligence and Narcissism in Young Adults
8. Optimism, Resilience and Wellbeing of Parents of Children with Down Syndrome
9. Cyberbullying, Self-esteem and interpersonal Trust in young Adults
10. Emotional Labor, Organizational Identification and Job Satisfaction in Sale Personnel

11. Stress and Coping Strategies of Female Police Officers
12. Attitudes towards Women Wearing Hijab across Gender
13. Emotional Intelligence and Machiavellianism in relation to job satisfaction
14. Smartphone addiction, sleep quality and social isolation in young adults
15. Cultural conservatism and cynicism among Pakistani Young Adults
16. The dark triad of personality, aggression and impulsivity in perpetrators of honor killing
17. Decision Making Styles and Compulsive Buying Behavior among Young Adults
18. Personality traits, Self Compassion and Perceived Parental Acceptance and Rejection in Adolescents
19. Felt Obligation in Relation to Personality and Gender of Young adults
20. Emotional Competence and Moral Competence among University Students
21. Workplace stress and coping strategies in security Guards Working in Private Universities
22. Perceived Parenting Styles, Bullying and Victimization among Adolescents
23. Obsessive Compulsive Behaviors and Scrupulosity Among Madrassah and Local Government College Boys
24. Parental Styles and Moral Competence in relation to Academic Dishonesty among University Students
25. Identification and Experiences of family caregivers caring for their relatives with Leukemia
26. Gender Role Perception and Marital Roles as predictors of Marital Adjustment in Dual Income Couples

### **Membership of Professional Bodies**

- Life Member, Pakistan Psychological Association.

### **Clinical Training**

1. Worked as an internee at Ganga Ram Hospital, Psychiatry Ward as part of Ph D course work from July 2004 to Sep. 2004.
2. Worked as a counselor at DASTAK with the victims of domestic violence as part of Ph D course work from Oct. 2004 to Dec. 2004.

### **Social & Civil Training & Activities**

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1. Achieved training for senior guide leader from 24<sup>th</sup> Oct. to 30<sup>th</sup> Oct. 2002 at Girl Guide House Lahore.
2. Social work & fund raising for Children Complex in Feb. 1999.
3. Women Guards Training (WG) from 13<sup>th</sup> Nov. to 19<sup>th</sup> Oct. 1995.

### **Computer Skills**

Can work effectively on

1. Microsoft Office
2. SPSS
3. AMOS
4. NVivo software for analysis of qualitative research
5. Endnote Software for citation and referencing



# Amna Butt

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Address: 51-XX, Phase III DHA Lahore, Pakistan Contact:+92.300.841.4246,  
email: [amnaaffanbutt@gmail.com](mailto:amnaaffanbutt@gmail.com), Marital Status : Married

## OBJECTIVE

To use knowledge and experience of working as a practicing clinical psychologist and academician to instill hope in people that with perseverance and optimism, realistic life goals are achievable. Moreover, to continue my drive to be a better person while trying to work for societal betterment.

## EDUCATION

<b>PhD in Clinical Psychology</b> BNU, Lahore	2011-2018	
<b>MS in Clinical Psychology</b> GCU, Lahore	2007-2009	1 <sup>st</sup> Division
<b>MSc Applied Psychology</b>  BNU, Lahore	2005-2007	1 <sup>st</sup> Division
<b>Bachelors</b> Burn Hall Degree College, Abbotabad	2002-2004	1 <sup>st</sup> Division
<b>Intermediate</b> PAF Degree College, Risalpur	2000-2002	Grade A
<b>Matriculation (Science)</b> Bahria College, Karachi	1998-2000	

## ACADEMIC HONORS & DISTINCTIONS

- First position in MS. Clinical Psychology, Department of Clinical Psychology, Government College University, Lahore.
- Gold Medal for first position in MSc. Applied Psychology, Department of Psychology, Beaconhouse National University, Lahore.
- BNU Honor Student 2006-07
- APSAC Honor Student 1996-97

## WORK EXPERIENCE

**September 2018-Present** Assistant Professor , BNU, Lahore

<b>September 2017-May 2018</b>	Visiting Faculty, BNU, Lahore
<b>January 2017-May 2017</b>	Campus Counselor, BNU, Lahore
<b>September 2016-January 2017</b>	Visiting Faculty, BNU, Lahore
<b>1<sup>st</sup> June 2013-30<sup>th</sup> June 2016</b>	Assistant Professor, BNU, Lahore
<b>2009- 2013</b>	Full time Lecturer, BNU, Lahore
<b>March-June 2009</b>	Trainee Neuropsychologist, Ittefaq Hospital, Lahore
<b>October 2008-February 2009</b>	School Counselor, Lady McLagun Girls High School, Lahore
<b>March-May 2008</b>	Trainee Child Psychologist, Shahdab Special Education School, Lahore
<b>October 2008-February 2009</b>	Trainee Child Psychologist, Muslim Model School, Lahore
<b>March-July 2008</b>	Trainee Child Psychologist, Mayo Hospital, Lahore
<b>October 2007-January 2008</b>	Trainee Adult Psychologist, Mayo Hospital, Lahore
<b>June-July 2007</b>	Internee at Fatima Memorial Hospital, Lahore
<b>June-July 2006</b>	Internee at Child Protection Bureau, Lahore
<b>July-August 2006</b>	Amin Maktab, Lahore

#### **EXTERNAL EXAMINER**

- External examiner, MS clinical case reports, Department of Clinical Psychology, GCU from 2012-2019.
- External examiner, MS thesis, Department of Clinical Psychology, GCU (2018-2019).
- External examiner, Clinical Case Reports, Department of Psychology, GCU (2011).
- Evaluated written exam of “Interventions in Psychology” of BSc (Hons), Department of Psychology GCU (2011).
- Conducted Observed Structured Practical Examination (OSPE) at Fatima Memorial Hospital, Lahore as an External Examiner appointed by University of Health Science (UHS) in 2007.
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#### **EDITORIAL BOARD**

- Member editorial board of Institute of Psychology’s Abstract Booklet.
- Worked as a sub-editor of Department of Clinical Psychology’s Newsletter (2007-2009).

#### **CO-CIRRICULAR ACTIVITIES**

- Volunteer work at a conference conducted by Pakistan Association for Clinical Psychologists (PACP), held at Government College University over the period of three days.
- Organized farewell Function at Government College University, Lahore.
- Organizing yearly Mental Health Activities at the Institute of Psychology, Beconhouse National University.
- Incharge Clinical Placement of MS Clinical Psychology at Institute of Psychology, BNU.
- Incharge Clinical Internships of BSc (Hons) at Institute of Psychology, BNU.
- Incharge time table of Institute of Psychology, BNU.
- Organizing oral examination of MS students at Institute of Psychology, Beconhouse National University.

## **PAPER PUBLICATIONS & PRESENTATIONS**

- Published a paper titled “Behavioral Problems in Children: A Systematic Review of Research Literature” in Journal of Behavioral Sciences (JBS).
- Presented a paper titled “Differential impact of Home Based and School Based training program on Down Syndrome Children” at the National Conference of “Clinical Psychology in the Service of Community” organized by Pakistan Association of Clinical Psychologists (PACP), Lahore.
- Presented a paper titled “Case Studies on burn trauma: The Psychological Sequelae” at International Conference on “Optimizing Psychiatric care and Rehabilitation for victims of psychotrauma” organized by Pakistan Psychiatric Society, Lahore.

## **POSTER PRESENTATIONS**

- Presented a poster titled “Aggression in children: Interplay of Social Information Processing and Gender” at 6<sup>th</sup> International Conference “Psychology of Gender: Issues and Challenges” organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad.
- Presented a poster titled “Social Information Processing and Disruptive Behavioral Problems in School Children” at 7<sup>th</sup> International Conference “Positive Psychology: Developing a Flourishing Community” organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad ((2018).
- Presented a poster titled “Sociodemographic Factors, Social Information Processing and Behavioral Problems in School Children” at the International Psychiatric Conference "Prescription for Wellness: Working across boundaries" held on 2nd and 3rd August, 2019 and organized by Department of Psychiatry and Behavioral Sciences, Fatima Memorial Hospital in collaboration with Child & Adolescent Mental Health Special Interest Group, NUR International University, Pakistan Association of Social Psychiatry, Ijaz Psychiatric Institute and Connections.

## **CONFERENCES**

- Participated in First International Conference on Forensic psychology: Issues and Interventions (31st March – 3rd April, 2010) organized by Department of Psychology, GCU.
- Attended 12th Asia-Pacific Conference of Alzheimer’s disease International in Lahore conducted by Alzheimer’s Pakistan and Alzheimer’s Disease International (ADI) from 7th to 10th November 2009.
- Attended 6th International Symposium on “Psychiatric Updates & Media/Public Awareness” organized by Psychiatric Welfare Association in collaboration with Department of Psychiatry Mayo Hospital/KEMU, Pakistan Psychiatric Society, Pakistan Academy of Family Physicians, South Asian Division of Royal College of Psychiatrists (U.K) and British Pakistani Psychiatrists Association (U.K) held in May 2009.
- Attended 10th National Conference of “Clinical Psychology in the Service of Community” organized by Pakistan Association of Clinical Psychologists (PACP) held in April 2008.
- Attended 5th International Symposium on “Psychiatric Updates & Media/Public Awareness” organized by King Edward Medical University, Lahore in collaboration with Pakistan Psychiatric Society, Pakistan Academy of Family Physicians, Higher Education Commission, South Asian Division of Royal College of Psychiatrists (U.K) and British Pakistani Psychiatrists Association (U.K) held in April 2008.

- Attended International Conference on “Optimizing Psychiatric care and Rehabilitation for victims of psychotrauma” organized by Pakistan Psychiatric Society, Lahore in 2011.
- Attended International Conference on “Educational Psychology” organized by National Institute of Psychology (NIP), in 2014.
- Attended International Conference on “Forensic Psychiatry: Healing the Held” organized by University of Health Sciences (UHS) on 8-9<sup>th</sup> April 2016.
- Attended International Conference on “Forensic Psychiatry: Healing the Held” organized by University of Health Sciences (UHS) on 8-9<sup>th</sup> April 2016.
- Attended International Conference on “Forensic Psychiatry: Healing the Held” organized by University of Health Sciences (UHS) on 8-9<sup>th</sup> April 2016.

## **WORKSHOPS/SEMINARS**

- Conducted a workshop on “Group Counseling” at Institute of Psychology, Beaconhouse National University, Lahore (Spring 2019).
- Conducted a workshop titled “Dealing with childhood anxiety” at Department of Psychology, University of Central Punjab, Lahore (2018).
- Conducted a workshop titled “Treatment of Behavioral Problems in Children” at Institute of Psychology, Beaconhouse National University, Lahore (Fall 2018).
- Conducted a workshop titled “Treatment of Anxiety among children” at Institute of Psychology, Beaconhouse National University, Lahore (Spring 2018).
- Conducted a workshop titled “Treatment of Behavioral Problems in Children” at Institute of Psychology, Beaconhouse National University, Lahore (Spring 2018).
- Conducted a workshop titled “Management of Trauma and Related Disorders” at Institute of Psychology, Beaconhouse National University, Lahore (2018).
- Conducted a workshop titled “Treatment of Behavioral Problems in Children” at Institute of Psychology, Beaconhouse National University, Lahore (2017).
- Conducted a workshop titled “Treatment of Behavioral Problems in Children” at Institute of Psychology, Beaconhouse National University, Lahore (2016).
- Conducted a workshop titled “Management of Trauma and Related Disorders” at Institute of Psychology, Beaconhouse National University, Lahore (2016).
- Participated in a one day workshop on “Picture Exchange Communication System (PECS) for Autism” by Sajjad Ahmad, Clinical Psychologist and Lecturer at GCU and BNU’s department of Clinical Psychology (21<sup>st</sup> May 2010).
- Participated in a workshop on “Suicide Risk Management” by Mr. Safiullah Afghan, Consultant Psychiatrist, National Health Service (NHS) (UK), organized by the Department of Psychology, GCU. “Manage stress before it kills you” by Prof Dr. Saad Bashir, Head of Psychiatry, Jinnah Hospital at Sukh Chan Wellness Club, Lahore.
- “Cognitive Behavior Therapy for Depression” by Dr. Farooq Naeem, Cognitive Behavior Therapist & Consultant Psychiatrist, Southampton University, UK held at CMH Medical College, Lahore. Level 1 Training on “Practice of EMDR in the Management of Psychological Trauma” held at CMH Medical College, Lahore.
- “Attention Deficit and Hyperactivity Disorder: Basic Principles of Assessment and Management” held at Ijaz Psychiatric Institute, Lahore in collaboration with Pakistan Psychiatric Society.

- “Counseling Strategies for dealing with Trauma of child abuse” conducted by Manizeh Bano and Rashda Niazi, Sahil at GC University, Lahore.
- “Dementia: Assessment and Management” held at Ijaz Psychiatric Institute, Lahore in collaboration with Pakistan Psychiatric Society.
- “Parenting Skills Training based on Webster Stratton Parenting Group Principles” held at Ijaz Psychiatric Institute, Lahore in collaboration with Pakistan Psychiatric Society.
- “Impact of violence on Everyday Lives” conducted by Dr Usra Fahim, Assistant Professor, California, Institute of Integral Studies, San Francisco, USA at Centre for Clinical Psychology, University of Punjab, Lahore in Collaboration with Higher Education Commission (HEC).
- “Psychosis and its Psychological Management” conducted by Dr. Imran Ijaz Haider, Consultant Psychiatrist, Fatima Memorial Hospital, Lahore at Centre for Clinical Psychology, University of Punjab, Lahore in Collaboration with Higher Education Commission (HEC).
- “Heal the Shame to live up to your full potential” conducted by Ivan Suneel Samuel, Clinical Psychologist, Sadaqat Clinic, Lahore at Centre for Clinical Psychology, University of Punjab, Lahore in Collaboration with Higher Education Commission (HEC).
- “Effective Programming, Planning and Implementation of Inclusive Education for Mentally Challenged Children” conducted by Mrs. Khawar Sultana & Mrs. Farzana Razi, Clinical Psychologists, Amin Maktab, Lahore at Centre for Clinical Psychology, University of Punjab, Lahore in Collaboration with Higher Education Commission (HEC).
- “Recognition and Management of Depression” organized by World Psychiatric Society (Zone-15) in collaboration with Fatima Jinnah Medical College & FMH College of Medicine & Dentistry, Lahore
- “Autistic Spectrum Disorder: Facts and Challenges” organized by National Society for Mentally and Emotionally Handicapped Children, Lahore.
- “Child Abuse” organized by Child Protection Bureau in June 2006.

### **COMMUNITY WORK**

- Participation in awareness programs conducted on television for general public regarding mental health problems (PTV Home, Dunya News, and Voice of America).

### **COMPUTER SKILLS**

- Office Applications– Comprehensive knowledge of MS Office applications including Word and Power Point.
- SPSS
- InPage
- End Note
- AMOS

### **REFERENCES**

Available on request

**FATIMA NADEEM**

**ADDRESS:**

156 - P, Phase I, Defence Housing Authority, Lahore

**PHONE:**

042-35899455; **CELL:** 0300-4599009

**E-**

**MAIL:**

[fatima.nadeem@bnu.edu.pk](mailto:fatima.nadeem@bnu.edu.pk)

**DATE OF**

**BIRTH:**

02-10-1990

### **OBJECTIVE**

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To work in a challenging atmosphere where professionalism demands its best, enables me to use my strong research and writing skills, sound education background, therapeutic experience and ability to move in teams at best.

### **EDUCATION**

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**2013-2015** **BEACONHOUSE NATIONAL UNIVERSITY, LAHORE**  
MS Clinical & Counseling

Psychology

**(CGPA 3.92)**

**2009-2013** **KINNAIRD COLLEGE FOR WOMEN LAHORE**

Bachelors (Honors) in Applied  
Psychology

**(CGPA 3.93)**

**2007-2009** **KINNAIRD COLLEGE FOR WOMEN LAHORE**  
Intermediate (Subjects: Psychology, Philosophy, English  
Literature)

**80%**

**2005-  
2007**

**DEFENCE PUBLIC SCHOOL FOR GIRLS LAHORE**  
Matriculation (Science  
Group)

**88%**

**WORK EXPERIENCE**

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**June 2015 – September  
2015**

Clinical Psychologist

**Kanan Clinic**

**September 2015 – Present**

Lecturer

**Institute of Psychology**

**Beaconhouse National University**

**Responsibilities:**

I obtained psycho-medical histories, conduct therapy sessions, and discussed treatment plans and therapeutic techniques with the consulting psychiatrist. This position required the ability to assess the nature and intensity of the client's problem and to develop a therapeutic response while maintaining complete confidentiality.

**INTERNSHIPS**

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**March 2015-June 2015**

**Services Hospital, Lahore**

Psychiatry and Behavioral Sciences Department

**January 2015-March  
2015**

**Oasis Trust – A School for Autism, Lahore**

Trainee Psychologist  
**January 2015-March  
2015**

**Muhammadia High School, Walton, Lahore**

Trainee Psychologist  
**October 2014-December  
2014**

**Jinnah Hospital, Lahore**

Psychiatry and Behavioral Sciences Department  
**June 2012-July  
2012**

**Services Hospital, Lahore**

Psychiatry and Behavioral Sciences Department  
**January 2012-December 2012      Shaukat Khanum Memorial Cancer Hospital &  
Research Centre**



Ambassador

**Responsibilities:**

I was responsible for conducting individual child, adolescent and adult therapy, including testing, diagnosis, and therapeutic intervention. In addition, I also conducted awareness workshops and seminars on various pertinent issues and psychological disorders.

**KEY CONTRIBUTIONS AT INTERNSHIPS**

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- Conducted thorough assessment of child and adult psychopathologies
- Provided education, counseling and crisis intervention as suited to the clients' unique needs
- Obtained psycho-medical histories, observed therapy sessions, and discussed treatment plans and therapeutic techniques with medical doctors and senior psychologists
- Gained first-hand experience of providing immediate intervention to clients in the Out Patient Departments of Jinnah and Services Hospitals
- Prepared case reports of assessment and therapeutic interventions for child and adult clients
- Conducted seminars on the topics of "Panic Disorders: Assessment & Management", "Social Skills Training" and "Elimination Disorders: Assessment & Management"
- Organized blood camps for cancer patients
- Organized workshops and seminars for breast cancer awareness

**ACHIEVEMENTS & HONORS**

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- Awarded the Professor Qazi Mohammad Fareed Gold Medal for securing the highest CGPA in the faculty of Social Sciences, Kinnaird College for Women, Lahore
- Awarded gold medal for securing the highest CGPA in the Institute of Psychology, Beaconhouse National University, Lahore
- 1st Prize in the quiz competition of Mental Health Week organized by Institute of Psychology, Beaconhouse National University, Lahore
- 1st Prize in the play competition of Mental Health Week organized by Government College University, Lahore
- Elected as a Member of Kinnaird College Student Council (20012-2013) as President of Psychology Club
- Awarded educational credits by the World Psychiatric Association for attending workshops and seminars organized by them
- Selected as the head of Editorial Board of official newsletter, Institute of Psychology, Beaconhouse National University

**CONFERENCES ATTENDED**

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- 9th International Psychiatric Conference, Services Hospital, Lahore
- Kinnaird Multidisciplinary Research Conference, Kinnaird College for Women, Lahore
- 3rd International CBT Conference, Government College University, Lahore
- 3rd International Conference, National Institute of Psychology, Quaid-e-Azam University, Islamabad

- 6<sup>th</sup> International Conference, Gender in Perspective: Issues and Challenges, National Institute of Psychology, Quaid-e-Azam University, Islamabad
- 1<sup>st</sup> International Conference on “Global Gender Perspective”, Department of Gender and Development Studies, Lahore College of Women University in collaboration with George Washington University and Global Gender Program, Lahore
- World Alzheimer’s Day Seminar, World Alzheimer’s Pakistan, Hospitality Inn Lahore

## **PRESENTATIONS**

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- Nadeem, F., Munir, M., & Chand, S. (November 2013). Quality of life, levels of stress and burden of care among caregivers of cancer patients. Paper presented at the Kinnaird Multidisciplinary Conference, Kinnaird College for Women, Lahore.
- Nadeem, F., & Khalid, R. (December 2016). A comparative study of gender role attitudes, career aspirations and career choices. Paper presented at 6<sup>th</sup> International Conference, Gender in Perspective: Issues and Challenges, National Institute of Psychology, Quaid-e-Azam University, Islamabad
- Khalid, R., & Nadeem, F. (July 2017). Gender role attitudes, career aspirations and career choices of young adults. Paper presented at British Psychological Society Psychology of Women, Windsor, UK.

## **PUBLICATIONS**

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- Nadeem, F. & Khalid, R. (2018). The relationship of gender role attitudes with career aspirations and career choices in young adults. *Pakistan Journal of Psychological Research*, 2 (33), 455-471.

## **COMPUTER SKILLS**

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Microsoft Word, PowerPoint, Excel, Multimedia, SPSS

## **PERSONAL INTERESTS**

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Reading, Creative Writing, Tennis

## **Rabia Waqar Khan**

Email: rabia.waqar@bnu.edu.pk

## **EDUCATION & QUALIFICATIONS**

Beaconhouse National University, Pakistan.

2012 - 2014                      MS- Clinical and counseling Psychology  
Distinction Holder

Kinnaird College for Women University, Pakistan.

2008-2012                      BSc – Applied Psychology

## MEMBERSHIPS:

APA International Affiliate  
Graduate Member  
British Psychological Society

Membership no:09500267  
Membership no: 463294

## WORK EXPERIENCE

- 2015-Present**            **Lecturer,**  
Institute of Psychology, Beaconhouse National University.
- 2017-Present**            **TEACCH System Consultant and Parent Counselor,**  
Roots and Wings Autism Centre, Pakistan.
- 2019- Present**            **Consultant Clinical Psychologist and Lego Therapist,**  
Lahore Autism Centre, Pakistan.
- 2017-2018**                **Clinical Counselor,**  
Cornerstone School System, Pakistan.
- 2015-2017**                **Consultant Behavior therapist and Coordinator,**  
Oasis Trust –A school for Autism, Pakistan.
- 2014**                        **Assistant Behavior Therapist,**  
Oasis Trust – A school for Autism, Pakistan.

## TRAININGS ATTENDED

- ***“TEACCH for Behavior Management”*** conducted by ***Dr. Gary Mesibov*** organized by Oasis - A Trust for Autism.
- ***“SCERTS - Assessment and Implementation”*** conducted by ***Emily Rubin*** organized by Oasis – A Trust for Autism.
- ***“Lego Therapy”*** conducted by ***Scot Greathead*** organized by Oasis – A Trust for Autism.
- Completed 8 days training on ***“Increasing Autistic Children’s Communicative Competence and Building their Capacity for Emotional Regulation through***

*Multidisciplinary Practice*” conducted by *Scot Greathead*, Speech Therapy Services London, and successfully trained the relevant staff on it in Oasis-A Trust for Autism.

## **TRAININGS CONDUCTED:**

**2019**                    **“ACT for Parents of Special Needs”** a three days in house training for parents, organized by Roots and Wings Autism Centre, Lahore.

**Invited as a Speaker at Autism Awareness Seminar** organized by University of Lahore, Pakistan.

**2018**                    **“SCERTS Program”** for MS- Clinical and Counseling Students at Institute of Psychology, Beaconhouse National University, Lahore.

**2017**                    **“Helping Children Understand Routines through Visual Schedules - Practical strategies for Parents & Professionals”** “a one-day workshop for the parents and professionals organized by Roots and Wings Autism Centre in December 2017.

**“Fundamentals of TEACCH Program”** three days’ workshop for the therapists of Roots and Wings Autism Centre in September 2017.

**“Intellectual Disability & Autism Spectrum Disorder”** 6 hours training for the Beaconhouse Head Office counselors organized by the Institute of Psychology, Beaconhouse National University, Lahore.

**“SCERTS Program”** for MS- Clinical and Counseling Students at Institute of Psychology, Beaconhouse National University, Lahore.

**2016**                    **“TEACCH – Behaviors as Communicators”** 6 hours teacher training for the teachers of Department of Special Education, Government of Punjab, organized by Oasis School for Autism, Lahore.

**“SCERTS Program”** for MS- Clinical and Counseling Students at Institute of Psychology, Beaconhouse National University, Lahore

## **RESEARCH EXPERIENCE**

- Presented paper titled “Cost of Caring: Mental Health of Rescue Workers” on the 5<sup>th</sup> International Conference on Education, Social Sciences and Humanities, Dubai, 2018.
- Oral presentation on “Parenting Styles and Gender differences in Self efficacy and Optimism of Young Adults” in the 1st International Conference on “Global Gender Perspective” organized by the Department of Gender & Development Studies, Lahore College of Women University in collaboration with George Washington University and Global Gender Program.
- Presented a paper on “Impact of terrorism catastrophizing on the mental health – A comparative study” in the 11th National Neuropsychon Conference 2015.
- Presented a paper on “Impact of terrorism catastrophizing on the mental health of rescue workers” in the 14th International Conference of Psychology 2015.

- Presented a paper on “Effects of parenting on self esteem and optimism among adolescents” in the 9th International Conference on Statistical Sciences organized by Islamic Countries Society of Statistical Sciences held at National College of Business Administration & Economics, Lahore.

**VOLUNTARY EXPERIENCE:**

<b>2016-Present</b>	<b>Rotaract Club for Lahore Garrison</b>
<b>2011</b>	<b>Shaukat Khanum Memorial Cancer Hospital, Lahore:</b>

## Objectives

- To create awareness about how psychology helps understand human behavior in different contexts so that people become self-sufficient to a certain extent in recognizing and understanding their behavior patterns.
- To relay concepts of psychology in a manner where individuals without a psychology background are equally able to comprehend the concepts and apply it in their professional and personal life and evolve into individuals who are positive and productive.
- Aiming to apply Psychology effectively on individuals in an organizational setting so that their level of productivity and motivation increases resulting in more job satisfaction and organizational commitment.
- To emphasize the importance of individual differences and how each individual is unique and thus laying a better foundation for personnel selection, analyzing job competencies and selection effectiveness.
- To create a better understanding and dynamics of people working in teams and groups and leadership. To address issues like change management, attitudes at work assessing people at work and training needs.
- To get inspiration and conduct research on ideas and concepts which are intriguing.
- Creating awareness through seminars about the need to focus on the strengths of individuals and how to utilize their potential on a personal and organizational scale.
- Thus to contribute to the growth of the organization and be a positive influence on the people around.

## Education

M.Sc. Organisational Psychology and Business	2009
	<b>(Aston University, Birmingham, UK)</b>
Psychometric Testing Level A and B	
2009	<b>(British Psychological Society, UK)</b>
B.Sc .Applied Psychology	
2008	<b>(Beaconhouse National University,</b>
<b>Lahore, Pakistan)</b>	
I.C.S.(Intermediate in Computer Sciences)	2003
	<b>(Punjab College of Information</b>
<b>Technology, Lahore, Pakistan)</b>	
Matriculation	
2001	<b>(Beaconhouse School System, Defense</b>
<b>campus, Lahore, Pakistan)</b>	

### **Professional Experience**

- **Assistant Professor (Permanent faculty) at Beacon house National University (September 2017 till present)**
  - Teaching Ethics in Psychology, Human Resource Management, Organisational Behavior, Biological Basis of Behavior, Environmental Psychology, Developmental Psychology and Exercises in Psychological Testing
- **Lecturer (permanent faculty) at The University of Central Punjab (February 2013- August 2017)**
  - Taught Introduction to Psychology, Sensation and Perception, Social Psychology and Positive Psychology
  - Heading Nisa society
    - ❖ This society helps empower women and deal with gender related issues.
    - ❖ Informs the females about mental and physical health issues so that they can prevent and identify them like breast cancer etc.
    - ❖ Help them become more confident by identifying and utilizing their inborn potential.

- ❖ Groom them so that they are more presentable in a university or professional setting.
- Registered for another society called the Positive Psychology Movement.
  - ❖ To create an attitude of gratitude
  - ❖ Helping staff and students focus on half glass full and improving their mental well-being by shifting their focus on what is right in their lives rather than what isn't.
  - ❖ Motivate students and help them find their passion in life
  - ❖ To see the better in one's own self and others.
  - ❖ To create a wave of positivity and optimism which will spread through the organization and wherever the members of Positive Psychology Movement go.
  - ❖ To have periodic meetings and seminars to reinforce the concept and aims of the movement.
  - ❖ Conducting workshops in October for the staff on Work Life balance and Teaching Methodologies.
- Represented UCP at BNU's Poster Design competition on Ethnic Peace Building and won the **first prize** after competing with Government College University, Lahore College University, Punjab University, Forman Christian College University, Kinnarid University and the University of Management and Technology.
- Organised and supervised a Poster Design Competition among the students (8 sections) of UCP on their perception of life and human Psychology.
- **Lecturer (visiting faculty) at Beaconhouse National University (September 2011-February 2013)**
  - Taught B.Sc. and M.Sc. Applied Psychology
  - Courses taught:
    - ❖ Cognitive Psychology 1: Sensation, Perception and Motivation
    - ❖ Cognitive Psychology 2: Learning, Memory and Intelligence
    - ❖ Human Resource Management
  - Organising and managing the Mental Health day
- **Lecturer (visiting faculty) at The Lahore School of Economics (September 2010-December 2012)**



- **Internship at the Fountain House, Lahore (2007).**
  - Working in the Schizophrenic ward.
  - Interacting with the patients and observing their behavior patterns.
  - Taking Case Histories.
  - Helping them become more sociable and expressive.
  - Reporting back to the supervisor daily after the session.
  - Worked in the male and female wards.
- **Private tuitions at Aston University , Birmingham (2008-2009)**
- **Conferences and Research Activities**
  - Attended International Positive Psychology “Conference on Developing a Flourishing Community” at NIP, Quaid-i-Azam University, Islamabad on 29<sup>th</sup> and 30<sup>th</sup> December, 2018
  - Presented a Research Paper on “When You are In Love with your Work” at the 5<sup>th</sup> International Conference on Education Social Sciences and Humanities, Dubai on 2<sup>nd</sup> and 3<sup>rd</sup> July, 2018
  - Attended International Conference on Emerging Trends in Psychology:Preparing for 21st Century” at Foundation University, Islamabad on 18th & 19th December, 2017

### **Areas Of Expertise**

- Counseling
- Management skills
- Effective Verbal Skills
- Good at building interpersonal relationships
- Entrepreneurship
- Writing skills

### **| Extra-Curricular**

- CEO of Rawa Haider Makeup Studios (certified in London, United Kingdom by International Makeup Association 2014 till date) Professional Baking experience (2009-2010)
- Operated an online shop on facebook called Baby Cakes.
- Self-grooming seminars for students

| **References**

Available on request.

561-E1 Block, Johar Town, Lahore, Punjab, Pakistan, 54000  
[Work Phone: 042-35975704-11] | [aman.karim@bnu.edu.pk]  
Date of Birth: 13<sup>th</sup> August, 1989

## **WORK Experience**

### **Beaconhouse National University**

*Assistant  
Professor*

December 2018 – To Date

*Lecturer*

October 2013 — November  
2018

### **Ijaz Psychiatric Institute**

April 2014 — To Date

*Consultant Clinical  
Psychologist*

### **Concepts Reinforcement Centre**

January 2013 — December 2013

*Senior Cambridge Instructor IGSCCE Psychology*

## **Education**

### **Beaconhouse National University**

August 2011 — December 2013

*MS Clinical and Counseling Psychology*  
[Graduated with a 4.00 CGPA]

### **Kinnaird College for Women**

August 2007 — August 2011  
***B.Sc. (Hons.) Applied Psychology***  
**[Graduated with a 3.94 CGPA]**

## **MEMBERSHIPS**

**American Psychological  
Association**

June 2017  
***International Affiliate Member***

## **INTERNSHIPS & PLACEMENTS**

**Mayo  
Hospital**

January 2013 — May 2013  
***Trainee Clinical Psychologist at the Child and Family Psychiatry Department***

**Jinnah  
Hospital**

October 2012-December 2012  
***Trainee Clinical Psychologist at Behavioral Sciences Department***

Rising Sun,  
Lahore

July, 2010  
***Interned at the Human Resource Department***

**Family Planning Association of Pakistan  
(FPAP)**

**August, 2009**

***Interned at the Human Resource Department***

## **ACHIEVEMENTS & HONORS**

**1. Placed on the Dean's Honor List at Kinnaird College for Women**

- 2. Graduated as Valedictorian from Beaconhouse National University**
- 3. Gold Medalist at Beaconhouse National University**
- 4. Placed on the Dean's Honor List at Beaconhouse National University**
- 5. Received Distinction in Research at Beaconhouse National University**

#### **CONFERENCES ATTENDED**

- 1.** 9th International Psychiatric Conference, Services Hospital, Lahore
- 2.** 3rd International CBT Conference, Government College University, Lahore
- 3.** 3rd International Conference, National Institute of Psychology, Quaid-e-Azam University, Islamabad
- 4.** 6<sup>th</sup> International Conference, Gender in Perspective: Issues and Challenges, National Institute of Psychology, Quaid-e-Azam University, Islamabad
- 5.** 1st International Conference on "Global Gender Perspective", Department of Gender and Development Studies, Lahore College of Women University in collaboration with George Washington University and Global Gender Program, Lahore
- 6.** World Alzheimer's Day Seminar, World Alzheimer's Pakistan, Hospitality Inn Lahore

#### **Computer skills**

- 1.** Microsoft Word
- 2.** Microsoft PowerPoint
- 3.** Microsoft Excel
- 4.** Statistical Package for the Social Sciences

***\*References shall be furnished upon requested.***

### Implementation Plan – B.Sc. (Hons.) in Applied Psychology

AT Findings	Corrective Action	Implementation Date	Responsible body	Present Status
Access should be given to more full text online resources and research engines.	<ul style="list-style-type: none"> <li>Digital Library Access Provided for Ebrary, INFORMS and other online resources platforms.</li> </ul>	September,2020	Library	Access Provided <b>Completed</b>
IP Lab facilities need further improvements	<ul style="list-style-type: none"> <li>Computer systems upgraded</li> <li>Old/Damaged furniture replaced.</li> <li>Projector installed.</li> </ul>	September 11,2020	ITRC Team and Administration	Lab Facilities updated <b>Completed</b>
Cafe facilities needs to be improved.	<ul style="list-style-type: none"> <li>Need to increase café space.</li> <li>More variety of food introduced along with improvement of quality in reasonable prices.</li> </ul>	September 25,2020	Cafeteria Committee and Administration	<ul style="list-style-type: none"> <li>New Cafe is operational</li> <li>Variety in eatables introduced.</li> <li>Quality of food improved</li> </ul> <b>Completed</b>

Member AT

Name Dr. Farhat Jamil

Signature Fah Jamil

HOD

Name DR. RUHI KHALID

Signature \_\_\_\_\_

QEC

Ms. Nureen Lodhi

Signature N. Lodhi

[Signature]

**Vice Chancellor**  
**Beaconhouse National University**  
**Lahore**