



# NEWS JOURNAL

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## Table of Contents

<b>An Introduction.....</b>	<b>3</b>
<b>International Conference of Mental Health.....</b>	<b>4</b>
<b>Seminars.....</b>	<b>6</b>
<b>Workshops.....</b>	<b>7</b>
<b>Honor of Department.....</b>	<b>8</b>
<b>Inauguration of Psychological Services Clinic.....</b>	<b>9</b>
<b>Education Tour.....</b>	<b>10</b>
<b>Memorandum.....</b>	<b>11</b>
<b>Picture Gallery.....</b>	<b>12</b>







## An Introduction

Department of Psychology, International Islamic University Islamabad, feels privileged in providing a prospect to become skilled in diverse disciplines of Psychology, having relevance and scope in behaviors and minds of Humans, in an Islamic atmosphere, grounded with Scientific and latest research findings.

Department of Psychology was established with the vision to provide students with, an opportunity to learn Contemporary trends of Psychology at an Institute proclaimed as the hub of Science, in the ambience of Islam. It executes the vision with a charge of, building academicians and professionals to utilize gainful applications of Psychology, for all-embracing benefit of the Islamic World. Department of Psychology, in a very limited epoch, has commenced many academic programs. We wholeheartedly welcome competitive scholars from around the globe to join us in our mission. The main prominence of department is teaching and research in Clinical Psychology, Psychological testing and Neurological perspectives. In addition to Psychiatric disorders in general, the department portrays special interest in the areas of Psychological trauma (PTSD), Neuropsychological disorders, and integration of mental health, addiction and construction and adaptation of psychological testing. Department of Psychology, International Islamic University, Islamabad is maintaining the best education standards in Pakistan.

The Department of Psychology, IIU educate students at Graduate and Postgraduate levels for variety of careers in public and private organizations, operating in the areas of Clinical, Educational, Organizational, Community development, and Counseling services. Research and academics activities are the essential part of the Department of psychology. Currently, the department offers minor and major courses in the discipline of Psychology. These courses cover a range of subjects designed to enrich the understanding of students about Psychological world around them. For this purpose they are empowered through psychological knowledge, skills and commitment to work for sustainable social institutions. The Department of Psychology also imparting Psychological knowledge to graduates and postgraduate students of other faculties of IIU to improve their understanding about society and psychological phenomena they confront in day to day life.





## International Conference of Mental Health (ICMH), 2012

There is an alarming increase in mental disorders due to persistent wave of violence, suicide and deliberate self-harm and disruption in social fabric worldwide in general and particularly in Pakistan, which is a developing and 6<sup>th</sup> most populous country.

Keeping in view the above mentioned mental health issues, the Department of Psychology, Faculty of Social Sciences, International Islamic University, Islamabad organized 1<sup>st</sup> International Conference on Mental Health (29-30 March 2012) with a theme "Violence, Psychological Trauma, and possible acute and Post-traumatic interventions in general and particularly in Pakistani Society", to provoke the intellectual and academic circles for the exploration of profound understanding of mental health issues and evidence based strategies for the amelioration of psychological ailments.

The chief guest for inaugural ceremony was Executive Director, Higher Education Commission, **Dr. Sohail Naqvi** accompanied by President International Islamic University Islamabad, **Dr. Mumtaz Ahmed**, Dean Faculty of Social Science, **Dr. Nabi Bux Jumani**, Chairman Psychology Department and Principal Organizer, **Dr. Muhammad Tahir Khalili**, and Co-Principal Organizer, **Dr. Seema Gul**. Principal Organizer gave the welcome note and highlighted the prevalence of mental health problems in Pakistan as a consequence of violence. In addition, he lauded the support of IIUI and Higher Education Commission in organizing this memorable event.

**Dr. Sohail Naqvi**, the Chief Guest, highlighted the pioneered role of Department of Psychology, IIUI for launching BS (Hons.) program in Psychology and for the promotion of mental health. Further he said that there is a dire need to address addiction, which is one of our social problems. He added that women can play a significant role in the resolution of social problems including addiction.







## International Conference of Mental Health (ICMH), 2012

Conference program was divided into three sessions and each session was carried into three rooms, where research papers were presented. Each Session started with a Key Note speech of National (**Prof. Musa Murad Khan**, Agha Khan Medical University) and International (**Dr. Inam-ul-Haq** (Ireland), **Dr. Grace Clark** (USA), **Dr. Aashiq Ali Shah** (Canada) notable clinicians and academicians. Participants were Clinicians, academicians and students of graduate, post-graduate and Doctoral level including professionals and scholars from different disciplines. **Prof. Musa Murad Khan** addressed on "the challenges of suicide prevention in Pakistan".

All of the 110 papers were presented during the conference, in different sessions separately, chaired by the Members of Scientific Committee and assisted by the faculty members and students of Department of Psychology, IIUI. The presented papers included different psychological and psychiatric issues such as depression, stress, personality disorder, issues of young individuals, parenting styles, learning disabilities, emotional intelligence, violence, suicide, PTSD and adjustment problems.

Chief Guest of concluding ceremony, President Pakistan Psychological Association and Chairman Parliamentary Committee for human rights, **Mr. Riaz Fityana** mentioned about mental health issues with reference to current violent situation in Pakistani Society, in his speech. He also appreciated efforts of Department of Psychology (IIUI) on organizing this event and also thanked **Dr. Muhammad Tahir Khalili** for his kind support in 13<sup>th</sup> Pakistan Psychological Association's National conference.

Later on, the honorable Chief Guest presented shields as token of appreciation to the organizers of the conference. The participants and the speakers appreciated the organizing committees for such an effort for the promotion of mental health in Pakistan. The Scientific Committee carefully reviewed all papers presented in the conference and selected 29 papers for publication in the International Journals.





## Seminars

To enlighten the students with the modern aspects of Psychological Sciences, current research and the contemporary publications, Department of Psychology, International Islamic University, Islamabad also arranges seminars at different occasions.

### **Seminar on World Mental Health Day:**

World Mental Health Day is annually held on October 10, to raise public awareness about mental health issues worldwide. This event is supported by UN, with the aim to promote open discussion on mental illnesses, as well as investments in the prevention and treatment services. This day is observed in more than 100 countries through local, regional and national World Mental Health Day commemorative events and programs.

The activities usually include; educational lectures and distribution of research papers on mental health issues and the awards to individuals or organizations that made significant contributions in improving mental health issues. World Mental Health Day is an initiative of the World Federation for Mental Health (WFMH) and the World Health Organization (WHO), which is the UN's directing and coordinating authority for health. There is a frightening augment in the occurrence of mental illness due to an importunate flourish of aggression, political chaos and recurrent changes in the social fabric worldwide. A range of psychiatric disorders have been reported such as depression, substance and alcohol use disorder, schizophrenia, bipolar disorder, post-traumatic stress disorder and suicides committed every year in both developed and developing countries.

Pakistan, one of the developing countries and the 6<sup>th</sup> most populous country in the world, has been experiencing mental health problems since its inception. However, in the last few decades, mental illness has reached to an appalling situation due to devastating calamities, the current violence in Pakistani society, suicides and deliberate self-harm and disruption in the social structure. Keeping in mind the current mental health problems in Pakistan, Department of Psychology had planned to mark World Mental Health Day on the 10<sup>th</sup> of October. The purpose of event was to provoke the intellectual and academic circles for the exploration of a profound understanding of mental health issues including addiction in Pakistani society and to highlight the significant role of educational, research and academic institutions in the promotion of mental health nationally, in line with the international organizations.







## Workshops

Department of Psychology also arranges different workshops on specialized areas of psychology in line with the curriculum to endow the students with the modern field applications of the subject.

### Workshop on EEG as a Neuro - Feedback Mechanism

On 10<sup>th</sup> October, 2012, Department of Psychology arranged workshop on EEG as a Neuro-Feedback Mechanism. Scholars of MS/ PhD and other clinical psychologists attended workshop. **Dr. Muhammad Tahir Khalily** was the resource person for workshop.

#### Psychological Autopsy:

Psychological autopsy is the scientific methodology of investigating the causes of suicide. **Dr. Murad Musa Khan**, Head of Dept. of Psychology, Agha Khan Medical University, Karachi delivered a lecture on the topic, trained the participants over the techniques of Psychological autopsy and discussed in length the trends of suicide and its causes in Pakistan.

**Dr. Ahmad Yousif Al-Draiweesh**, President International Islamic University, Islamabad, (IIUI) was the chief guest on the occasion. He said that "Suicide is forbidden in Islam. Human life is God's Trust and nobody has right to betray this trust and commits suicide, because life and death are in God's hand."

He said that the treatment of every disease is present in the Holy Quran therefore the Psychologists may focus on Quran & Sunnah for the treatments of psychological diseases. They will find proper guidance regarding psychological diseases in this divine source of knowledge. He added that the secret of treatment of psychological disorders is also hidden in the strengthening of "**Eeman**" because without it, psychological disorders cannot be cured. He said that in the world of despair, Allah is the biggest source of support for man, therefore man should converge his attention towards Allah in such situation. Hence, for this purpose, one should recite the Holly Quran regularly





### Honor of Department

**Muhammad Akram Riaz**, MS Scholar from Department of Psychology, got BEST PAPER PRESENTER AWARD on presenting paper "*belief in just world as predictor of job satisfaction and life satisfaction*" in the "3<sup>rd</sup> Annual Conference on Industrial and Organizational Psychology" entitled Better Organization through Collaboration. Research and Practice (22<sup>nd</sup> Dec, 2012) in the Department of Business Psychology, Institute of Business Management Karachi. Chairman Department of Psychology (IIUI) **Dr. Muhammad Tahir Khalily**, appreciated him for his remarkable achievement.







## Inauguration of Psychological Services Clinic

**Prof. Dr. Ahmad Yousif Al-Draiweesh**, President International Islamic University, Islamabad inaugurated the "Psychological Services Clinic" (PSC), established by the Department of Psychology of the University. **Dr. Nabi Bux Jumani**, Dean Faculty of Social Sciences, **Dr. Shabbir Ahmed**, Chief Medical Officer, **Dr. Tahir Khalily**, Head of Dept. of Psychology, **Dr. Muhammad Sher**, Dean Faculty of Basic & Applied Sciences, **Mrs. Shagufta Haroon**, Director Academics, IIUI, **Raja Khalid Mehmood**, Director Administration, IIUI, Addl. Director (P&PR) **Hairan Khattak** and **Dr. Seema Gul**, Incharge Dept. of Psychology (Female) were also present on the occasion.

**Dr. Al-Draiweesh** said that IIUI is Pakistan's first university to establish this clinic for the psychological patients. He said that this clinic will be helpful to overcome the psychological problems of the faculty members and students. It will play a vital role to help the students of psychology in their study and research work. He said that he shall upgrade and equip the clinic with latest equipment. **Dr. Al-Draiweesh** lauded the efforts of **Dr. Tahir Khalily** to establish the clinic.

### Workshop on "Clinical Supervision"

Department of Psychology of the International Islamic University conducted a workshop on "Clinical Supervision", on September 12, 2013 at Faisal Masjid Campus of the University. The workshop was designed to familiarize professionals about clinical internship nested in the department and intended to provide information about placement, trainee feedback, supervisor feedback and logbook for clinical internship. The Workshop was chaired by

**Dr. Muhammad Tahir Khalily**,

Chairman Dept. of Psychology and was assisted by

**Dr. Uzma Masroor** and

**Dr. Kehkashan Arouj.**





## Education Tour

Integration among different departments is the source of enlightenment regarding modern trends and progression towards perfection. Department of Psychology, International Islamic University, Islamabad arranges field trips and study tours, every semester.

As per tradition, Department of Psychology, IIUI visited the Department of Psychology, Peshawar University and Pakistan Academy for Rural Development, in the fall 2012.

Senior faculty members from Peshawar University gave briefing about the department. Soon after that, students visited the campus and laboratories. Then the students visited Pakistan Academy for Rural Development which is a federal institution for the training of CSS officers. **Dr. Javed Iqbal**, Senior Instructor (SI PARD) and other senior faculty welcomed the students and faculty members of IIUI.

The students were given a detailed presentation on the role of psychologists in NIRM / PARD.







## Memorandum

A six member's delegation headed by **Dr. Muhammad Tahir Khalily** from Department of Psychology, International Islamic University, Islamabad visited Department of Psychology, Al Imam Muhammad IbnSaud Islamic University Riyadh, Kingdom of Saudi Arabia. Other members of the delegation were **Dr. Seema Gul**, Incharge Psychology Dept. (Female), **Mr. Mazhar Iqbal Bhatti**, Assistant Professor, **Rabia Mushtaq**, (Lecturer), **Mahmoona Ismail**, (Lecturer) and **Mr. Shamsheer Hayat Khan**, Clinic Coordinator.

The delegation was invited by the Department of Psychology of Al-Imam Muhammad Ibn-Saud Islamic University, to the Second International Symposium. The symposium was attended by renowned psychologists from Middle East and the western world.

The delegation had important academic meetings with the Department of Psychology of the Al-Imam Muhammad Ibn-Saud Islamic University, Islamabad.

The both parties explored areas of collaboration and agreed to work on Joint International conferences on Psychology and mental health, Participation as external examiners, Joint research activities and publications, Teaching Clinical Psychology, Islamization of Psychology and the establishment of clinics.





## Picture Gallery



(Islamabad, 28-03-2012): Dr. Sohail Naqvi, Executive Director, Higher Education Commission (HEC), Dr. Mumtaz Ahmed President, International Islamic University, Islamabad (IIUI), Dr. Nabi Bux Jumani, Dean, Faculty of Social Sciences and others addressing on "1st International Conference on Mental Health" held at the IIUI.



(Islamabad, 02-04-2012): (Center), Mr. Riaz Fatyana, President Pakistan Psychology Association, (Left), Prof. Dr. Nabi Bux Jumani, Dean Faculty of Social Sciences, IIUI and Prof. Dr. Tahir Khalily, IIUI are sitting on stage during concluding ceremony of two days conference on "Mental Health" held at IIUI.







## Picture Gallery



**(Islamabad, 26-06-2012):** (2<sup>nd</sup> from Left), Prof. Dr. Sahibzada Sajid-ur-Rehman, President International Islamic University Islamabad (IIUI), Prof. Dr Nabi Bux Jumani, Dean Deptt of Social Sciences, IIUI, Prof. Dr. Tahir Khalily, Head of Deptt and Dr. Seema Gull are sitting at a Seminar on “**DRUG ABUSE SITUATION IN PAKISTAN**” at IIUI.





## Picture Gallery



Islamabad: Prof. Dr. Sahibzada Sajid ur Rehman, President, International Islamic University, Islamabad (IIUI), Dr. Zaitoon Begum, Director Female Campus, IIUI, Dr. Nabi Bux Jumani, Dean Faculty of Social Sciences, IIUI, Dr. Seema Gul, Head Dept. of Psychology (Female) IIUI, Dr. Tahir Khalili, Head Dept. of Psychology (Male) are addressing to the Seminar on "World Mental Health Day" organized by IIUI.







## Picture Gallery



Islamabad, Prof. Dr. Ahmed Yousif Al-Draiweesh, President, International Islamic University, Islamabad (IIU) Delivering a lecture on "Concept of Psychology in Islam Organize by the Department of Psychology.





## Picture Gallery







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