



# PROSPECTUS

## Institute of Applied Psychology

University of the Punjab, Lahore - Pakistan





# Institute of Applied Psychology



**MPhil & MS Health (Session 2017-19)**



**Msc. Morning (Session 2017-2019)**



**Msc. Replica (Session 2017-2019)**



**BS-4 Years Morning (Session 2015-2019)**



**BS-4 Years Replica (Session 2015-2019)**



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## WELCOME TO THE INSTITUTE OF APPLIED PSYCHOLOGY

As one of the oldest and most renowned universities in Pakistan, University of the Punjab is a prestigious institution with national and global recognition, and amongst the top ranked Universities in Pakistan and Asia. The Institute of Applied Psychology was established in 1962 as Department of Applied Psychology and Prof. Dr. Ghulam Jillani (late) was its founding Chairman. Prof. Dr. Rafia Hassan, Prof. Dr. Seemen Alam, Prof. Dr. Najma , Prof. Dr. Ruhi Khalid, Prof. Dr. Hamid Sheikh (late), Dr. Mian Aftab Ahmed, Prof. Dr. Yasmin N. Farooqi, Prof. Dr. Rukhsana Kausar and Prof. Dr. Farah Malik are amongst the successor Chairpersons of the Institute. Ever since its establishment, the Institute has served as the premier center of Applied Psychology in Pakistan. As an acknowledgment and recognition of its contributions in the field of Psychology, initiation of various degree programs and with the untiring efforts of the directors, faculty members and assisting staff, the Department was upgraded and given the status of Institute in 2013. Located alongside the beautiful Lahore canal, at the Quaid-e-Azam Campus of University of the Punjab, the Institute of Applied Psychology is recognized as one of the leading academic Institute in the discipline of Psychology in Pakistan. It has earned an international reputation for its outstanding teaching and advancement in research and publications. On the basis of its outstanding academic and research expertise, Higher Education Commission (HEC) Pakistan selected it for strengthening and up-gradation by awarding its faculty member, indigenous faculty strengthening scholarship to Dr. Afsheen Masood and Foreign PhD Scholarship to Dr. Saima.

The BS-4 years programs; (Regular Morning program and Replica program); MSc (Regular Morning Program and Replica Program), MPhil, MS Health Psychology and PhD program, all have played a pivotal role in uplifting the profile of the Institute. Submission of a huge number of applications for admissions in different programs each year is indicative of not only the popularity of the subject of Applied Psychology but also of the enriched opportunities of learning and training at Institute of Applied Psychology. It can be said with pride and great humility that over the years, Institute of Applied Psychology has become a top choice for majority of the students, pursuing their careers in Applied Psychology. In future, MS in different subspecialized fields of Psychology will be offered in order to train professionals to cater to the demands of a dynamic society. The courses that are being taught currently, are challenging, and comparable to those offered at international universities, and are designed to provide its graduates the best possible outcomes in terms of their intellectual growth, research expertise and career development.





## MESSAGE FROM THE VICE CHANCELLOR



**Prof. Dr. Niaz Ahmad Akhtar**  
Vice Chancellor

It is indeed matter of great pride for me to serve University of the Punjab from past many years where Institutes like Institute of Applied Psychology are extending their services for eager learners in different domains of Psychology. The Institute of Applied Psychology has been one of the topmost institutes in imparting knowledge, promoting research and in catering community services; this is a place where excellence is promoted, cherished and celebrated. In fact, Institute has treaded massive developments and has emerged as one of the best Institutes, extending education and training in the domain of Psychology in Pakistan. The semester system based programs of BS (Morning & Replica), MSc, (Morning & Replica), MPhil, MS Health Psychology and PhD have been delivering incredibly due to sheer hard work and dedication of qualified and committed faculty members, motivated students who are keen to learn Psychology and are ready to serve the community and eager to address the increasing mental health issues of the community.




## MESSAGE FROM THE VICE CHANCELLOR

This momentum of growth, that Institute has attained, could only be ensured by well-trained and committed Faculty members, competent, visionary and knowledgeable leadership of the Director who provide unconditional support to faculty, staff, assisting staff as well as to the students. The most commendable aspects of the Institute include its research publications i.e. Journal of Behavioral Sciences (JBS recognized by HEC in X category), Psychological Abstracts, IAP Newsletter and other research publications by the faculty and students, Students' Counseling and Assessment Services (SCAS); Organization of National and International Conferences, Symposia, Invited Lectures and Workshops; and its richness of resources in terms of equipped Experimental Labs, Testing Lab, Computer Lab and the Library.

I sincerely hope that its faculty, students, staff and alumni will continue to uplift the status of Psychology for the welfare of people at large in Pakistan. I wish all the best to its members so that Institute may find its niche in the top ranking institutes of the country and world ranking. I shall cater profound support to Institute in accomplishing academic excellence so that the Institute may continue its admirable forte in imparting quality education, result-oriented and community need based research and in fostering Services' institute-academia linkages for the welfare of the society.

I wish all the current and prospective students a great success in their academic endeavors and hope that they will receive World Class Education and Training in the Institute and will undertake need based innovative research for yielding fruitful results for society at large.

  
**Prof. Dr. Niaz Ahmad Akhtar**  
**Vice Chancellor**



## MESSAGE FROM THE DEAN FACULTY OF LIFE SCIENCES



It is my pleasure to welcome you all to the Institute of Applied Psychology that has always been outstanding teaching and training grounds for students. It has carried colossal impact on teaching, training and the Social Science Research in Pakistan. Inclusion of Psychology in Faculty of Life Sciences, supports that this discipline grounds its' academic and empirical work in scientific thought. The objective methods of data collection, critical thinking, advance analyses and theory construction are at the core of the field of Psychology. The Institute of Applied Psychology is committed to promote the means and ways of promoting quality of life. There are higher standards of teaching and training in the Institute and it has managed to mark its unique place as one of the best Institutes of the University. The Institute of Applied Psychology started BS-4 year Replica Program along with already running BS-4 year Regular Morning Program, MSc Regular Morning and Replica Programs, MPhil Applied Psychology, PhD Applied Psychology and MS Health Psychology Programs which is strength of this Institute. I wish the Institute very best, for the endeavors undertaken in the service of humanity in addition to sublime field of Psychology.

I have profound confidence in the excellent leadership of learned Director and her team. I take this opportunity to extend my sincere wishes to the students and teaching community in extending their services for confronting the challenges faced by the society and for promoting the concept of mental health in Pakistan.

Prof. Dr. Firdaus-e-Bareen  
Dean, Faculty of Life Sciences



## MESSAGE FROM THE DIRECTOR

At Institute of Applied Psychology, the pivotal aim is to provide world-class education and training in the domain of Psychology. The goal is to move the social sciences from thinking about the colossal problems affecting human societies to *understanding, curbing and solving* them. Social Sciences is at the core of peaceful and advanced societies and social scientists in past few decades have managed to figure out the knack of amassing enough information about the people, groups, and societies for devising strategies, methods, theories, and technologies to address the problems they encounter. It is indeed a matter of great pride that the Department of Applied Psychology established in 1962 was upgraded as the Institute of Applied Psychology in 2013. This speaks volumes about the progress of academic and research activities in the Institute. Institute of Applied Psychology is committed to provide quality education and to equip its graduates with skills in different areas of specialization and research expertise. Our aim is to provide students a higher level of discipline-specific training as well as an orientation towards applying this training to serve the community. The institute is equipped with excellent resources human as well as technical resources, i.e. laboratories and library to create a supportive and stimulating environment for teaching and learning.

Since its inception in 1962, it has continued to grow in all possible ways. In addition to Regular Morning and Replica Masters programs the Institute has been offering BS-4 years Regular and is now also offering Replica programs along with MPhil, PhD and MS Health Psychology Programs. To keep our students updated with recent and international developments in the discipline, we revise curriculum on regular basis. Moreover, internships, placements and research projects are integral part of the course work at all levels. In addition to teaching and training, we invest in moral development and characterbuilding of our students. We make dedicated efforts to inculcate sense of responsibility, volunteerism, active citizenship and social responsibility towards community among our graduates. Community work is mandatory for students across different programs and is a unique feature of the Institute. In recognition of our commitment to high academic standards, Higher Education Commission of Pakistan selected the Institute for Strengthening and Up-gradation. The Institute continues to increase its resources in form of latest books, access to databases, computers, lab equipment, and latest psychological equipment & assessment tools.

## **MESSAGE FROM THE DIRECTOR**

We believe that the role of Universities is not only to produce graduates and offer degree programs but also to create knowledge. Therefore, Research is a distinctive feature of the Institute and to facilitate research, the Institute has taken various steps. Institute has been publishing "Journal of Behavioural Sciences (JBS)" since 1990 and due to high standards of publication; JBS has been placed in the "X" Category of HEC Recognized Journals. Institute of Applied Psychology is also publishing "Psychological Abstracts" on annual basis that includes abstracts of all researches/theses conducted at the Institute on regular basis. Faculty members are actively involved in supervision of students' research work at BS, MSc. MPhil, MS Health Psychology and PhD levels, conducting their personal research projects and sharing their indigenous research work in the national and international conferences across the globe and publishing research papers in journals of international repute. We also take pride in our project of "Student Counseling and Assessment Services (SCAS)" that has been offering counseling to University students since 2005. The SCAS is run by a team of experienced Clinical Psychologists at the premises of University Health Centre under the supervision of the Director of the Institute. Counseling for diverse psychological problems that may hamper academic performance and personal growth of a student is provided to the bona fide University students free of cost. In addition, SCAS also renders facilitation to the University administration for customized services for the University community. Institute of Applied Psychology holds seminars, workshops, symposia, national and international conferences as a regular feature. At the academic front, we look forward to a productive and challenging year ahead and welcome enthusiastic and eager students. I firmly believe that our success and achievement is a result of team effort; a team of committed faculty members, hardworking staff, motivated students, and valuable input of our Alumni. Our alumni are serving in diverse fields of Applied Psychology and highly competitive organizations, both at home and abroad. In addition, any progress in the Institute is only possible with continued support for new initiatives by the University's competent authority and we continue to rely on his support. I welcome you all in this prestigious institute and wish you a great success in studies and future endeavors.

**Director  
Institute of Applied Psychology**



## OVERTURE ABOUT THE INSTITUTE

### History of the Institute

In response to the need for an Institution in the field of Psychology which would offer Degree programs oriented towards the practical solution of problems, the Department of Applied Psychology was established in September 1962 on the temporary premises at Lawrence Road, Lahore. Subsequently, the Department was shifted to University of the Punjab's Quaid-e-Azam Campus main block (near Faisal auditorium), and in 1992 it moved to its current premises. The Institute is situated along the bank of canal, in front of IBA. Due to academic excellence and research based programs, the Department has been upgraded as “Institute of Applied Psychology”. Prof Dr. Ghulam Jilani (late) was appointed as the Founder Head of the Department. Prof. Dr. Rafia Hassan, Prof. Dr. Najma Najam, Dr. Seemeen Alam, Prof. Dr. Ruhi Khalid, Prof. Dr. Hamid Sheikh, Dr. Mian Aftab Ahmed, Prof. Dr. Yasmin N. Farooqi and Prof. Dr. Rukhsana Kausar and Prof. Dr. Farah Malik are amongst the successors.

The Institute is offering BS-4 year & M. Sc (Regular & Replica), M.Phil, MS and Ph.D degree programs under semester system. The Institute provides first rate instructions and practical training in various specialized areas of Psychology such as, Clinical Psychology, Counseling Psychology, Developmental Psychology, Organizational Psychology and Health Psychology, Forensic Psychology. This training prepares students for careers in diverse fields. The Alumni of the Institute have found their place in diverse settings; they are serving in various Educational Institutions, Armed Forces, Special Services, Counseling and Guidance Centers, Selection Boards, Research Organizations, Civil Services, Business Enterprises, Industrial Settings, Social Welfare Agencies, Prisons, Forensic Department, Hospitals, Rescue services and NGOs both at home and abroad.

The Institute's main focus is on applied research to find practical solutions to the social and psychological problems and to address stresses faced by the general population on a day-to-day basis. In view of the: changed geopolitical & environmental conditions; increased wave of terrorism & natural disasters in the country; pervasiveness of new epidemics such as Dengue; heightened level of stress and frustration among the masses, new courses in Peace Psychology, Positive Psychology, Health Psychology, Environmental Psychology, Forensic Psychology, Military Psychology and Post Disaster Psychological Management have been added to the curricula across all levels. Keeping in view the stresses and problems, faced by the university students and in order to help them maximally to utilize their potentials which in turn would help improve their academic performance, the Institute has been offering free Student Counseling and Assessment Services (SCAS) since 2005. Ever since its inception, the SCAS has offered counseling to a vast majority of students and staff and has



**Prof. Dr. Ghulam Jilani**



**Prof. Dr. Rafia Hassan**



**Prof. Dr. Najma Najam**



**Dr. Seemen Alam**



**Prof. Dr. Ruhi Khalid**



## ABOUT THE INSTITUTE

enabled them to perform well academically and socially.

Holding conferences, commemoration of days of special significance, extension lectures by renowned speakers, workshops, seminars and training courses is a prominent feature of the Institute. The Institute also focuses on moral development, character-building, mannerism and self-grooming of its graduates. In order to inculcate sense of volunteerism, active citizenship, sense of social responsibility, the Institute has introduced mandatory community work across all degree programs. The Institute has established linkages with a number of national and international organizations in order to develop a professional approach towards teaching, training and research collaboration. The previous year, the Institute is awarded by Abdul Hai Alawai Gold Medal to the Institute's graduate holding first position in MSc Program.

### Vision

- Producing trained psychologists, behavioral scientists and mental health professionals that may serve the community well
- Strengthening the science of Psychology through practice of Psychology at local, regional, national, and international levels is the sublime vision that had been adhered on with core ethical values from past six decades
- Yielding the innovative scholarly research contributions in the areas of psychology, producing the dedicated community services through mental health experts, and the rigorous preparation of critical thinkers, future behavior scientists, and practitioners in the domain of Applied Psychology, who could extend significant and meaningful contribution for community welfare

### Mission

- To provide high quality academic and practical training in Basic and Applied Psychology and its allied fields of specialization.
- To familiarize, train and inculcate the knowledge of psychology into students in efficacious, research oriented and training-paved manner.
- To prepare the students for careers in teaching, health, assessment, research, community services to meet the demand in various sectors such as Industry, Military, Government, Mental Health, Social Welfare, Counseling and Guidance Centers, Educational Departments, Prisons, NGOs, Forensic Science Agency and Police and Rescue Departments.
- To carry out and publish high-quality indigenous research on topics relevant to our social problems as well as to the international issues.
- To furnish the students with problem solving skills that would help them in personal adjustment as well as to facilitate others to adjust in everyday life and to respond to the community in emergent situation warranting psychological help to the victims/survivors.



**Prof. Dr.  
Hamid Sheikh**



**Dr. Mian Aftab Ahmed**



**Prof. Dr.  
Yasmin N. Farooqi**



**Prof. Dr. Rukhsana**



## MISSION STATEMENT

To achieve excellence in the field of Psychology education through empowering Psychology practitioners and developing their competencies in the areas of assessment of mind and behavior, with due focus on their analytical and empathetic skills in extending their expertise for solution of behavioral problems of community at large.

## TEACHING FACULTY

### Dr. Farah Malik

#### *Professor*

Fulbright Post-Doc Fellowship (University of Connecticut, USA)  
Post-Doc (University of Birmingham, UK)  
PhD (Quaid-i-Azam University, Pakistan)  
MPhil (Quaid-i-Azam University, Pakistan)  
MSc (University of the Punjab, Pakistan)  
HEC approved PhD Supervisor

**Areas of Interest:** Clinical Psychology, Developmental Psychopathology, Child Abuse and Neglect, Cognitive and Forensic Psychology, Family Violence.



### Dr. Najma Najam

#### *Professor Emeritus*

Post-Doc (University of Georgia Athens, USA)  
PhD (Bowling Green University, Ohio, USA)  
MSc (University of the Punjab, Pakistan)  
HEC approved PhD Supervisor

**Areas of Interest:** Substance Abuse, Neuropsychology, Parental Acceptance Rejection, Developmental Disorders, Women Issues and Women in Higher Management,



## TEACHING FACULTY

### Dr. Rafia Rafique

*Associate Professor*

Post-Doc (University of Nottingham, UK)

PhD (University of the Punjab, Pakistan)

ADCP (Part I & Part II)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

PHEC Approved Post-Doctoral Supervisor

**Areas of Interest:** Counseling Psychology, Psychosocial Risk Factors of Medical Illnesses.



### Dr. Iram Fatima

*Assistant Professor (TTS)*

PhD (GC University, Lahore, Pakistan)

M Phil (University of the Punjab, Pakistan)

M Sc (University of the Punjab, Pakistan)

**Areas of Interest:** Social Psychology, Positive Psychology, Application of Statistics in Psychology.



### Ms. Shazia Qayyum

*Assistant Professor*

PhD (Central University of Nicaragua, Nicaragua)

MPhil (University of the Punjab, Pakistan)

MBA (University of the Punjab, Pakistan)

Msc (University of the Punjab, Pakistan)

**Areas of Interest:** Organizational Psychology, Organizational Behavior, Consumer Behavior, Human Resource Management, Management Training and Personality Development.





## TEACHING FACULTY

### Dr. Fatima Kamran

*Assistant Professor*

Post-Doc (Royal Holloway University of London, UK)

PhD (University of Surrey, UK)

ADCP (University of the Punjab, Pakistan)

Msc (University of the Punjab, Pakistan)

**Areas of Interest:** Clinical Psychology, Health Psychology, Quality of Life, Renal Transplantation, Qualitative Research Methods.



### Dr. Afsheen Masood

*Assistant Professor*

Ph D (University of the Punjab, Pakistan)

MBA (Virtual University)

DHMS (National Council for Homeopathy, Pakistan)

MSc (University of the Punjab, Pakistan)

**Areas of Interest:** Developmental Psychology, Neuropsychology, Psychological Testing and Assessment, Childhood Psychopathology, Family Studies, Organizational Behaviour.



### Ms. Omama Tariq

*Assistant Professor (on study leave)*

PhD Scholar (University of Brighton, UK)

MS Clinical Psychology (University of the Punjab, Pakistan),

MSc (University of the Punjab, Pakistan)

**Areas of Interest:** Clinical Psychology, Psychopathology, Parental Acceptance-rejection, Health Psychology, Social Psychology.



### Dr. Saima Ghazal

*Assistant Professor (on Adhoc)*

PhD (Michigan Tech University, USA)

MSc (University of the Punjab, Pakistan)

HEC approved PhD Supervisor

**Areas of Interest:** Decision Making, Individual Differences, Psychometrics, Organizational Psychology, Human Factors, Leadership





## TEACHING FACULTY

### Dr. Mujeeba Ashraf

*Assistant Professor (on Adhoc)*

PhD (University of St. Andrews, UK)

MS Top-Up in Clinical Psychology (University of the Punjab, Pakistan)

ADCP (University of the Punjab, Pakistan)

MSc (GC University, Lahore, Pakistan)

**Areas of Interest:** Gender bias, Patriarchy and Religion, Role of Social Identity in Minority Groups, War on Terror, Inter- group Processes and Inter- group Behavior, Power, Conflict, Prejudice and Discrimination, Crowd Psychology, Political Psychology Resiliency, Coping, Mental Health.



### Ms. Afifa Anjum

*Lecturer*

PhD Scholar, (University of the Punjab, Pakistan)

MSc (University of the Punjab, Pakistan)

**Areas of Interests:** Positive Psychology, Social Psychology and Scale Development, Psychometricl.



### Ms. Tahira Mubashir

*Lecturer (on study leave)*

PhD Scholar (Technical University Darmstadt, Germany)

MS Organizational Psychology (GC University, Lahore, Pakistan)

MSc (University of the Punjab, Pakistan).

**Areas of Interest:** Industrial / Organizational Psychology, Human Resource Management and Practice, Health Psychology and Well-Being, Quantitative & Qualitative Research Methods, Organizational Development & Culture, Consumer Behavior.





## TEACHING FACULTY

**Mr. Faiz Younas**

*Lecturer*

MSc (GC University, Lahore, Pakistan)

**Areas of Interest:** Gender and Sexuality, Social Psychology, Political Psychology, Feminism, Intersectional Politics, Body Politics, Environmental Psychology, Cultural Anthropology and Transnational Feminist Discourse.



## IAP TEACHING FACULTY



## ASSISTING STAFF

<b>Name of Non-Teaching Staff Members</b>	<b>Designation with BPS</b>
Mr. Iftikhar Ahmad	Librarian (BPS-18)
Mr. Abdul Hameed	Assistant (BPS-16)
Mr. Muhammad Usman Zaib	Assistant Network Admin. (BPS-16)
Mr. Muhammad Azeem Shaheen	Senior Stenographer (BPS-16) Prof. Pool
Mr. Muhammad Saleem	Stenographer (BPS-15)
Mr. Salman Naseer	Junior K.P.O (BPS-14)
Ms. Shazia Yousaf	Junior K.P.O (BPS-14)
Mr. Muhammad Asif	Junior Clerk (BPS-11)
Mr. Muhammad Jamil	Junior Clerk (BPS-11)
Mr. Muhammad Umair	Computer Lab. Assistant (under Self-Supporting Program)
Mr. Imtiaz Mahmood	Driver (BPS-10)
Mr. Muhammad Tanvir	Electrician (under Self-Supporting Program)
Mr. Ashiq Hussain	Senior Lab. Attendant (BPS-05)
Mr. Muhammad Javed	Senior Lab. Attendant (BPS-05)
Mr. Haseeb Ahsan	Lab Attendant (BPS-05)
Ms. Aalia Mubarak	Library Attendant (BPS-02)
Mr. Shoaib Maqbool	Library Attendant (BPS-02)
Mr. Hafeez Ullah Cheema	Naib Qasid (BPS-03)
Syed Akhlaq Ahmad Shah	Naib Qasid (BPS-02)
Mr. Nayyar Sultan	Naib Qasid (BPS-01) Prof. Pool
Mr. Shabbir Ahmad	Naib Qasid (BPS-01)
Mr. Muhammad Azhar Jamil	Naib Qasid (BPS-01) on contract PU
Ms. Sonia Ashiq	Lady Attendant (under Self-Supporting Program)
Mr. Bashir Ahmad	Gardner (BPS-01)
Mr. Muhammad Imran	Gardner (under Self-Support Program)
Mr. Rab Nawaz	Chowkidar (BPS-03)
Mr. Muhammad Waseem	Chowkidar (BPS-01)
Mr. Sajjad Ali	Farash (BPS-01)
Mr. Mubarak Masih	Sanitary Worker (BPS-02)
Mr. Ehsan Masih	Sanitary Worker (under Self-Support Program)



## RESOURCES AND FACILITIES

### Lecture Rooms

There are twelve lecture rooms, equipped with computers, multimedia, LED, air conditioners and heating facilities, white boards, soft boards and sound system. In view of the load shedding, computers, multimedia and LED in each lecture room are attached with UPS and generator so that the teaching process does not get interrupted.

### Library

Library of the Institute of Applied Psychology is among the largest libraries present in the subject of Psychology in Pakistan. It contains a collection of around twelve thousand books and journals. Collection of books include books on diverse fields of Psychology e.g. Clinical Psychology; Counseling Psychology; Developmental Psychology; Organizational Psychology; Educational Psychology; Social Psychology; Health Psychology; Peace Psychology; Positive Psychology; Forensic Psychology; Research Methods; History of Psychology; Neuropsychology; Experimental Psychology; Psychological Testing; Personality Theories and Statistics in Psychology. The Institutional library has vast and updated collection of handbooks, encyclopedias, dictionaries and reference books. Library facility is also available for users other than the Institute on Wednesdays. One day in a week has been allocated for students from other institutions and departments. The library remains open from 8:30 A.M. to 5:30 P.M. from Monday through Friday.

Library has collection of latest journals including Journal of Consulting and Clinical Psychology, Behavioral Neuroscience, Journal of Educational Psychology, Journal of Experimental Psychology etc. In addition to the subscribed Journals, the Institute also receives numerous journals from home and abroad on exchange basis. Other important resources for references are Institutional research theses of BS, MSc, MPhil and PhD students and Psychological Abstracts (published abstracts of students' research). These resources are also available online at <http://pu.edu.pk/images/Psychological%20Abstracts%202003-2009.pdf>.

All resources can be accessed within Punjab University LAN (Local Area Network) only. Now, you can access these databases like Science Direct, McGraw Hill, Dissertations & Theses, ACM, JStore, Emerald, ebrary and many other through one link as:  
<http://hec.pk.summon.serialssolutions.com>





## RESOURCES AND FACILITIES

### IAP Library Services

The Library offers a variety of resources and services to students and faculty.

### Online Catalogue

The Library maintains automated English catalog containing bibliographic information of the books, journals and Thesis etc. in the library. Database that is under Library Information Management System (LIMS) software is searchable through this link. <http://opac.pu.edu.pk/>.

### Online Chat Service

IAP Library provides chatting facility from 8:00 am to 4:00 pm where you can communicate with our Professional Staff related to your query through IAP Library Facebook Page <https://www.facebook.com/IAPlibrary>

### Orientation Service

The library provides a wider range of user education programs to enable them to use the library to its optimum potential. The orientation programs at the time of fresh admissions are conducted each year. Visitors and delegates are also briefed by the Librarian

### Internet Access Facility

Library provides the facility to get connected to Internet within the library through WIFI connectivity.

### Reference Service

Its function is to answer the reader's reference questions. It also answers the questions as like who is who, what is what, how and where etc., to save the precious time of the users. The





## RESOURCES AND FACILITIES

reference tools like encyclopedias, dictionaries atlases etc., are available in the library.

### Information Literacy Service

Information Literacy class sessions are designed to teach students how to search, evaluate, and use information; and how to use the library effectively and independently. Helping students to develop their information literacy skills in their University career will allow them to continue to use them throughout their lives.

### Experimental Labs

The Institute has state of the art experimental laboratories which are regularly upgraded with latest equipment and apparatus.

#### Animal Lab

The Institute has an animal laboratory, the first of its kind in the country which provides opportunity to students to carry out pigeon experiments in the field of learning and conditioning. The students gain firsthand experience of demonstrating principles of operant conditioning on pigeons. The students learn to house, magazine train, condition pigeons through various schedules of reinforcement, generalization and extinction.

#### Human Experimental Lab

The human experimental lab is equipped with the latest apparatus to perform experiments on human memory, perception, learning, problem solving and other mental processes.

The planning is underway for establishing a computerized cognitive experimental lab where memory and language experiments will be carried out on computers as well as a behavioral observation lab equipped with one way mirror screen and video facilities along with a fully equipped neuropsychology lab, which will set a bench mark in the history of the Applied





## RESOURCES AND FACILITIES

Psychology in Pakistan.

### Testing Lab

The Institute of Applied Psychology takes pride in having the largest collection of international and indigenous psychological tests and evaluative techniques and still strives to add in new and latest tests to its list. Use of psychological tests is strictly monitored and is in accordance with international codes of ethics. The major collection of tests falls under the following categories:

- Intelligence Scales and Tests
- Aptitude Tests
- Personality Inventories and Tests
- Adjustment Tests
- Achievement Tests
- Art & Social Sciences Tests
- Diagnostic Tests
- Behaviour Checklists
- Language Tests
- Neuropsychological Tests
- Parental Stress Tests
- Family Relation Tests
- Interpersonal Problem Tests
- Self-Assessment Tests
- Reading Tests
- Cognitive Functioning Tests
- Executive Functioning Tests
- Memory Tests
- Vocational Tests
- Indigenous Developed Tests
- Tests Translated and adapted 12





## RESOURCES AND FACILITIES

### Computer Lab

There was dire need of big computer lab which could house at least one hundred students at a time. The new computer lab was constructed in 2013 with the fund provided by the worthy Vice Chancellor Prof. Dr. Mujahid Kamran who inaugurated new computer lab. Computer lab is fully equipped with the latest computers, printers and multimedia. Computer facility is provided to students from all programs and caters students' academic and research needs. Space is also provided for the personal laptop users. Moreover, new server machine to back up a large number of computers has been purchased. Computer courses are integral part of curriculum and focus is on basic computer skills including word processing, using spread sheet such as Excel, preparing presentation using Power point and also courses on quantitative data analysis using SPSS (Statistical Package for Social Sciences) and AMOS. In addition to internet facility through University server, Wi-Fi facility is also available to facilitate personal laptop users on the premises of the Institute.

### Health Psychology Lab

In order to cater the professional needs of MS Health Psychology students, the Institute also provides the facility of a Health Psychology lab which is fully equipped with various equipment i.e., sphygmomanometer, glucometer, weight machine, gym ball, treadmill, yoga mat and dumbbells. These facilities are provided to the faculty and students free of cost and many are benefiting from it.





## RESOURCES AND FACILITIES

### Health Psychology Consultation Services Center

The Institute of Applied Psychology started its MS Health Psychology program in 2013 under kind mentorship of Dr. Fatima Kamran, who has received his training from Surrey and Royal Holloway University, UK. In order to enhance professional knowledge and expertise of its students, the Institute recently established Health Psychology Consultation Services Center which provides consultation regarding the management of psychological issues for individuals with physiological diseases under the supervision of Dr. Rafia Rafique, who is currently Coordinator MS Health Psychology program. At present, trainee Health Psychologists are providing their consultation services under enlightening supervision of Dr. Rafia and Dr. Fatima to the faculty, students and staff members of the Institute free of cost.

### Financial Assistance for Students

Financial aid in the form of fee concessions and lump sum grants is also available for deserving and needy students in addition to the merit scholarships for BS, MSc, MPhil and PhD students. The broad categories of scholarships granted by the University are given below:

- *HEC and PU Need Based Scholarship;*      • *HEC and PU Merit Based Scholarship*
- *Syeda Mubarka Begum Scholarship*      • *Bait ul-Maal Scholarship*
- *All District Level Scholarships*

### *Alumni Base Scholarship*

- *Dr. Abdul Hai Alwai Merit Scholarship* • *Dr. Bilal Sufi Need Based Scholarship*

The Students' Advisory Committee is sensitized toward the students' hardships and provides facilitation to the students seeking financial assistance.





## RESEARCH AND PUBLICATIONS

### Centre for Psychological Research and Services

A Centre for Psychological Research and Services has been established as a unit of the Institute of Applied Psychology. The Centre has a team of motivated and highly experienced psychologists, working in the field of Behavioral Science, especially with reference to our culture. The aim is to produce high quality research.

The Centre carries out international and collaborative research, and provides expertise to Private and Government sector in the field of personnel selection, measuring attitudes and public opinion, aptitude, career counseling, psychological test construction, psychological assessment, counseling and guidance, and community mental health programs. Numerous psychological assessment tests have been adapted and local norms for tests have been developed by the centre. Students of the Institute also participate in this and other research activities under the supervision of their teachers.

Since its inception, the Centre has also been actively engaged in rendering informal professional counseling and assessment services to the individuals. Appropriate services are also provided to the organizations such as: Social Welfare Departments, Prisons, Staff Training Institutions, Civil Defense, Selection Boards, Business Organizations and Educational Institutions. Faculty members are actively involved in conducting individual research and providing research supervision to BS, MSc, MPhil, MS and PhD students. They participate and present research findings at national and international level conferences. Faculty members' research work is published in journals of international repute. In addition, our faculty members serve as resource persons to provide training in research skills and other related skills at national level from the platform of NTS and HEC.



## RESEARCH AND PUBLICATIONS

### PUBLICATIONS OF THE INSTITUTE

#### Journal of Behavioral Science

The Institute publishes its official journal “Journal of Behavioral Sciences (JBS)” on biannual basis since 1990 and Prof. Dr. Najma Najam was the founder chief editor. JBS has blind peer review policy and is an internationally recognized journal which includes empirical studies, review articles and case studies on a wide range of topics. Higher Education Commission (HEC) of Pakistan has placed JBS in 'X' category. It has been indexed and cited in different well-known data bases like Ebsco-host, Pro Quest, Asia net and Universal Digital Library (UDL), a Malaysian based on-line library. Recently, Psychinfo (APA) has accepted JBS for abstracting and indexing while correspondence with ISI (Thomas Reuters) is in process for indexing, abstracting and impact factor. All this speaks volumes for the professional and research based caliber of the journal.

#### Psychological Abstracts

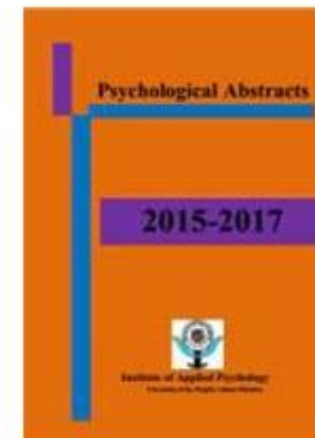
Moreover, publishing of “Psychological Abstracts” is another distinguished feature of Institute. It includes abstracts of research work carried out by students and faculty members of the Institute. Nine volumes of “Psychological Abstracts” have been published so far and we aim to make it a regular feature to publish Institutional Research in order to benefit researchers at home and abroad. Additional information on Institutional publication is available on the University webpage. <http://www.pu.edu.pk/appsy/JBS/index.html>

#### Developed and Translated Tests

Use of psychological tests is strictly monitored and is in accordance with the international codes of ethics. A large number of psychological tests and assessment measures have been translated into Urdu as well as many indigenously developed tests are also available in the Centre for Psychological Research and Services. List of all translated and developed tests is available on

<http://pu.edu.pk/images/image/Departments/appsy/Psychological-Tests-Developed-New.pdf>

<http://pu.edu.pk/images/image/Departments/appsy/Psychological-Tests-Translated-04-12-14.pdf>



## ACADEMIC ACTIVITIES: Workshops, Seminars & Extension Lectures

Institute of Applied Psychology has always been an ardent facilitator in providing its students with the opportunities for arranging co-curricular activities which enhance their personal and professional skills. A series of conferences, workshops, seminars, external lectures were conducted to provide ample opportunities to its students to gain practical knowledge and management experience

### External Lecture on Child Abuse, Related Issues and Interventions

IAP arranged an external lecture on Child Abuse, Related issues and Interventions for students of BS, MSc and PhD Forensic Psychology at IAP on November 1<sup>st</sup>, 2017. The resource person was Dr. Rabia Iftikhar, Assistant Professor, Clinical Psychology Unit, GCU, Lahore. She competently explained the core concepts encircling Child Abuse, causal factors and consequences in an informative manner. This lecture served to enhance the student's understanding in their concerned fields.

### Extension Lecture on Drug Addiction, Related Issues and Interventions

On November 21<sup>st</sup> 2017 lecture was arranged on "Drug Addiction, Related Issues and Interventions" for the students of BS, MSc (Morning & Replica) and PhD. The lecture was conducted by Dr. Musaffa Butt, Assistant Professor, Government College University. The students were elaborated on the types of drug addictions, causal factors, consequences, statistics and necessary mechanisms for its prevention. After an interactive discussion on the topic, he closed the talk by taking queries from the students.





## ACADEMIC ACTIVITIES: Workshops, Seminars & Extension Lectures

### Extension Lecture on Forensic Investigation Techniques

On December 5<sup>th</sup> 2017 , Prof. Dr. Farah Malik arranged a lecture on "Forensic Investigation Techniques" for the students of PhD, MSc (Morning & Replica) and BS specializing in the field of Forensic Psychology. This lecture was conducted by Mr. Manzoor Hussain, Senior Research Officer (Incharge/Head of Forensic DNA & Molecular Diagnostic laboratories) of Centre of Excellence In Molecular Biology, ( CAMB ) PU. The students were briefed about forensic investigation techniques and application aiding in criminal profiling and research. Queries of the students were answered at the end of the lecture to enhance their understanding of the topic.



### Seminar on Numeracy as Predictors of Decision Making

A seminar entitled “Numeracy as Predictors of Decision Making” was organized on January 3<sup>rd</sup> , 2018. Assistant Professor from Institute of Applied Psychology, Punjab University conducted the seminar for MPhil and PhD students. The seminar provided students with an excellent opportunity to enhance their conceptual and practical knowledge in order to develop their academic and professional skill in test construction and procedures relevant to it.



### Qualitative Data Analysis through NVIVO-11 Workshop

One day workshop on Qualitative Data Analysis through NVIVO-11 was organized for MPhil and PhD Scholars of Institute of Applied Psychology, University of the Punjab, Lahore on March 7 , 2018. Assistant Professor, Institute of Applied Psychology, University of the Punjab was the resource person. It mainly particularized on enhancing the capabilities of students in the qualitative research and was extremely beneficial for their research projects.





## ACADEMIC ACTIVITIES: Workshops, Seminars & Extension Lectures

### Workshop on SEM through AMOS

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



### Workshop on Application of Psychological Assessment

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



### Workshop on Self in Research

Dean of Social Sciences, Kinnarid College from Women University conducted a workshop on Self in Research on 9<sup>th</sup> May, 2018 for students of PhD, MS, MPhil, which elaborated how subjective sense of self facilitates or hinders our research process. The workshop was beneficial in conducting future researches for the students.





## CO-CURRICULAR ACTIVITIES

### Alumnus Prof. Dr. A. H. Alawi Gold Medal & Scholarship Ceremony

Institute of Applied Psychology, Punjab University Orchestrated Alumnus Prof. Dr. A. H. Alawi Gold Medal & Scholarship Ceremony on 24th November 2018. Institute of Applied Psychology cordially welcomed the distinguished alumnus and guests serving in various fields of psychology round the country. Mrs. Azra Qureshi, daughter of Prof. Dr. Alawi rendered a Gold Medal in the name of her beloved father to the Punjab University for the 1st position holder of MSc Regular program. She has also given two Merit Scholarships for the first and second position holder for MSc part I through Human Development Fund established by her.

Dr. Rafia Rafique, Associate Professor was awarded 6<sup>th</sup> best research paper award by Higher Education Commission of Pakistan.



### One day workshop on Quantitative Data Analysis using SPSS

Institute of Applied Psychology, Punjab University is Organizing International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6<sup>th</sup> to 8<sup>th</sup> February, 2019. A series of pre-conference workshops have been initiated, with its reference. Second One day workshop was held on 26<sup>th</sup> November 2018 on Quantitative Data Analysis using SPSS.

Representative from Department of Psychology, University of Management and Technology, Lahore was the resource person. The workshop provided a promising opportunity for the attendees to enhance their understanding of interpreting statistical data and effectively dealing with research work in their respective areas using SPSS.





## CO-CURRICULAR ACTIVITIES

### One day workshop on “Mindfulness” (through video link)

International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6th to 8th February organized by Institute of Applied Psychology, Punjab University. Fifth One day workshop was held on 3rd January, 2019 on “Mindfulness” through video link. Dr. Barbara Dritschel, School of Psychology & Neuroscience University of St. Andrews, UK was the Resource Person. Total 35 participants including faculty members attended the workshop which provided an insight about Mindfulness and how it can be practiced in every moment of life activities for improving their physical and mental health..

### Session on Mental Health Awareness

Institute of Applied Psychology, Punjab University organized a session on Mental Health Awareness for its BS-1 and MSc-1 morning and replica programs on 20<sup>th</sup> December 2018. Ms. Sadia Shahzaib, Counseling Psychologist at Students Counseling and Assessment Services (SCAS), Punjab University conducted the session. The session focused on the issues faced by the students in their personal and academic lives including stress, anxiety and familiar conflicts. Session highlighted the importance of Emotional Intelligence.

### Three- days Students Societies promoting Peace Narrative through Arts and Culture

Institute of Applied Psychology in collaboration with College of Earth and Environmental Sciences (CEES) and Centre for Health and Gender Equality (CHANGE) organized three- days Students Societies Trainings promoting Peace Narrative through Arts and Culture Society from 14<sup>th</sup> to 16<sup>th</sup> January 2019. The students of Institute of Applied Psychology and College of Statistical and Actuarial Sciences participated in the training. Mr. Muhammad Pervaiz, director program CHANGE and Ms. Zahra, Faculty CEES engaged students in interactive activities, lectures, plays, brain storming sessions.





## CO-CURRICULAR ACTIVITIES

### **One-day workshop on Rational Emotive Cognitive Behavior Therapy-Basics and Beyond**

In connection with upcoming International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6th to 8th February 2019 organized by Punjab University Institute of Applied Psychology a one-day pre-conference workshop on Rational Emotive Cognitive Behavior Therapy-Basics and Beyond has been organized. Ms. Saima Salman, practicing Clinical Psychologist in Singapore was the resource person. Around 22 participants including faculty members and MS, MPhil students of various universities attended the workshop.



### **Two-day workshop on Eidetic Image Therapy**

International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6<sup>th</sup> to 8<sup>th</sup> February 2019 organized by Institute of Applied Psychology, Punjab University, another two-day workshop from 4<sup>th</sup> to 5<sup>th</sup> February 2019 on Eidetic Image Therapy was held. Mr. Akhtar Ali Syed, Principal Clinical Psychologist, Brothers of Charity Services, Ireland was the resource person. The workshop provided an opportunity to the attendees to learn about Eidetic Image Therapy and to understand the emotional and behavioral problems.







## CO-CURRICULAR ACTIVITIES

### National Performing Arts Competition

Institute of Applied Psychology organized a National Performing Arts Competition on 6<sup>th</sup> February 2019. Teams from Six Universities participated in the competition. The theme for the competition was Desensitization of Mental Health Stigmas. As hosts, The Institute of Applied Psychology also presented a play '*Andekha*' but did not compete in the competition. Director appreciated the hard work and efforts of all the participants and organizers. The Chief Guest, for the event, Prof. Dr. Firdaus Bareen, Dean of Life Sciences, Punjab University, Lahore, appreciated the teams for their remarkable performances and highlighted the pertinence of fostering positive growth in students by engaging them in productive activities and also acknowledged the efforts of Institute of Applied Psychology for employing Arts and Dramatics as means to highlight Psychological issues of the society.

### International Conference Applied Psychology (Wednesday, February 6, 2019).

Punjab Governor Chaudhry Muhammad Sarwar addressed the inaugural ceremony of 3-day international conference of Applied Psychology: Practices and Interventions at Pearl Continental Hotel Lahore. The conference was organized by Punjab University Institute of Applied Psychology (IAP) in collaboration with Higher Education Commission Pakistan, Punjab Higher Education Commission and Pakistan Psychological Association. Punjab University Vice Chancellor Prof Niaz Ahmad Akhtar, Member National Assembly Riaz Fatyana, Prof Dr Nick Hopkins, Chief Organizer and IAP Director, foreign delegates comprising on psychologist, presenters and researchers from UK, USA, Australia, Spain, Greece, Ireland and other countries, senior faculty members and a large number of students were present on the occasion.





## CO-CURRICULAR ACTIVITIES

### Conference Day - 2

Institute of Applied Psychology, Punjab University has organized an International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6th to 8th February 2019. The Day-2 began with the address of Prof. Dr. Patrice J. Dow-Nelson from The state University of New Jersey, USA on Acculturation, Identity and the Therapeutic Relationship. Four Symposiums on Interpersonal Acceptance-Rejection Theory and Forensic Psychology by Prof. Dr. Miguel A. Carrasco, Dr. Saima Sandhu, Dr. Artemis Giotsa and Dr. Akhter Ali Syed were held, followed by eight scientific sessions about various psychological issues, concerns and practices. E-posters on various themes were displayed to enhance the knowledge of the participants.

### One-day workshop on Structural Equation Modeling: Smart PLS

International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6th to 8th February 2019 organized by Institute of Applied Psychology, Punjab University, a one-day workshop on 7th February 2019 on Structural Equation Modeling: Smart PLS was held. Dr. Muhammad Imran Qureshi, Universiti Teknologi Malaysia was the resource person. Total of 31 participants including faculty members and MS, MPhil students of various universities attended the workshop. The workshop provided a promising opportunity to the attendees to enhance their understanding of PLS path modeling and its application in various research settings.





## CO-CURRICULAR ACTIVITIES

### The last day of Conference

Institute of Applied Psychology, Punjab University has organized an International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6th to 8th February 2019. The last day of the conference began with the address of Prof. Dr. Najma, Prof. Emeritus, Institute of Applied Psychology on Coming of Age in Turbulent Times: Pakistani Psychology at cross Roads. A symposium on Organizational Psychology was conducted by Dr. Muhammad Imran Qureshi followed by Seven scientific sessions on various psychological themes. The Chief Guest of the concluding ceremony, honorable Mr. Riaz Fatyana, member of the provincial assembly, appreciated the efforts of the Institute of Applied Psychology in the promotion of psychological issues at stake and motivated to continue the professionals to serve the general public.

### One-day workshop on Qualitative Analysis

International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) from 6th to 8th February 2019 organized by Institute of Applied Psychology, Punjab University, a one-day workshop on 8th February 2019 on Qualitative Analysis was held. Prof. Dr. Nick Hopkins, Professor at University of Dundee, UK was the resource person. Total of 34 participants including faculty members and MS, MPhil students of various universities attended the workshop. The workshop provided an opportunity to the attendees to learn about qualitative analysis and its significance





## CO-CURRICULAR ACTIVITIES

### A three-day workshop on Eye Movement Desensitizing and Reprocessing (Level 2)

In reference to the International Conference of Applied Psychology; Practices and Interventions (ICAP-2019) held from 6th to 8th February 2019 organized by Institute of Applied Psychology, Punjab University. A three-day workshop on Eye Movement Desensitizing and Reprocessing (Level 2) was held from 11th-13th February 2019. Dr. Saima Sandhu, licensed Professional Clinician, New Jersey City University, USA was the resource person.





## EXTRA-CURRICULAR ACTIVITIES

We believe that participation in extracurricular activities is equally important for a student to develop as physically and psychologically healthy, a socially responsible; a self-confident and assertive and the one who has realized all inherent potentials. A team of advisory committee comprising of enthusiastic faculty members prepares annual calendar for extra-curricular activities and ensures students' participation in arrangements and participation in such activities. Last year was a very eventful one, comprising of several extracurricular activities such as annual dinner, educational trips and sports event. Moreover, students of the institute actively participated and won accolades in various extracurricular activities like sports, project competition and made Institute proud with their achievements as always.

### Annual Sports Day

Institute of Applied Psychology, University of Punjab organized its Annual Sports Day on 7th march, 2019. The event started with reception of the chief guest, Dr Zafar Iqbal, director Department of Sport Sciences & Physical Education. Dr Zafar Iqbal along with the faculty members of the Institute inaugurated the event. The Director welcomed everyone and praised the efforts of academic committee and students for arranging these extracurricular events.





## EXTRA-CURRICULAR ACTIVITIES

### One Day Study Tour

Institute of Applied Psychology arranged one day Study Tour to Soon Sakesar Valley on 7 April, 2017, accompanied by advisory team. The students scheduled time for quenching thirst of exploring beautiful and alluring lakes like Uchalli Lake, Khabeki lake, Janhar lake and Kanhatti Gardens, and spent a wonderful day in the blue mesmerizing waters of lakes and on lush green lawns. Lunch was generously provided by department at a traditional local food restaurant which indeed was delicious.

### 5 Day Study Tour

Institute of Applied Psychology arranged Five Days Tour to Abbottabad and Naran on 25 -30 July, 2017. Journey Began on 25<sup>th</sup> July, 2017, in the morning around 7am with enlightened faces of students waiting to enjoy their tour to the fullest. Buses departed from Lahore and had a long ride to Abbottabad of about half a day. Students visited the grand Ilyasi Mosque which was delightful, fascinating and utterly perplexing at the same time.





## EXTRA-CURRICULAR ACTIVITIES

### Students' Achievements

Students of Institute of Applied Psychology won first position in Inter-University Performing Arts Competition held at Government College University, Lahore, during their Mental Health Week on 22nd March, 2018. Students attended acting workshops and were trained by Mr. Sibte Hassan, founder, Makhotay.

Institute of Applied Psychology, Punjab University secured 1st position in Inter University Quiz Competition held on 22nd February, 2018, Mental Health Day under the auspices of Beacon House National University, Lahore.

Students of Institute of Applied Psychology secured a special prize owing to the quality of poster on 12<sup>th</sup> April, 2018, at Lahore College for Women University, Lahore's Mental Health Week on the theme of Peace Psychology

Institute of Applied Psychology, Punjab University secured 1st position in Inter University Poster Competition held under the auspices of RIPHAH Institute, Lahore on 25 November, 2017. Students of Institute of Applied Psychology, Punjab university, Lahore were runner ups in poster competition held at University of Central Punjab, Lahore on 2<sup>nd</sup> January, 2018. On 30 November, 2016 Mehak from BS VI secured first position in interdepartmental Kalam-e-Iqbal singing competition held at Faisal Auditorium and was awarded with a certificate and cash prize by Directorate of Student Affairs, University of the Punjab. She also secured first position in inter-departmental Naat competition held at Al-Raazi Hall on 16th February, 2017. Moreover, she secured second position in Inter-departmental Bilingual Declamation Contest. She also participated in Inter-departmental Arifana Sufiyana Kalaam Competition and secured third position.



## EXTRA-CURRICULAR ACTIVITIES

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

Sumaira Inayat of BS VI represented Pakistan in UAE Games held in Dubai 2016. In addition to this, she has won a brand ambassador award from express education and career expo in 2017.

IAP student Nazar Abbas BS-4 represented Punjab University at All Pakistan Musical Conference and won gold medal on November 25, 2017.

Ayesha Areej student of BS-4 years program, IAP, PU represented Punjab University in all Pakistan parliamentary tournament held from 23<sup>th</sup> to 26 March 2018. Saira Amjad a student of BS-2 participated in All Pakistan Intersarsity Karate championship conducted by UET Lahore and won one *gold medal* and two *silver medals* along with team trophy.

Institute of Applied Psychology organized a National Performing Arts Competition on 6th February 2019. Teams from Six Universities participated in the competition. The theme for the competition was Desensitization of Mental Health Stigmas. As hosts, The Institute of Applied Psychology also presented a play 'Andekha' but did not compete in the competition. Director appreciated the hard work and efforts of all the participants and organizers. The Chief Guest, for the event, Prof. Dr. Firdaus Bareen, Dean of Life Sciences, Punjab University, Lahore, appreciated the teams for their remarkable performances and highlighted the pertinence of fostering positive growth in students by engaging them in productive activities and also acknowledged the efforts of Institute of Applied Psychology for employing Arts and Dramatics as means to highlight Psychological issues of the society.





## EXTERNAL LINKAGES AND COLLABORATIONS

The Institute has linkages with different external bodies in order to share resources and provide practical training and placements to its graduating students.

- Services Hospital, Lahore
- Mayo Hospital, Lahore
- Ganga Ram Hospital, Lahore
- Fountain House, Lahore
- Punjab Institute of Mental Health, Lahore
- International Council of Professional Therapists (UK)
- St. Andrews University, Scotland (UK)
- Shaikh Zayed Hospital, Lahore.
- Jinnah Hospital, Lahore
- Child Protection Bureau

## STUDENT COUNSELING AND ASSESSMENT SERVICES (SCAS)

As psychologists we are sensitized to the students' psychological needs. While pursuing higher education, the students undergo a stressful and demanding time in their lives and they need help in coping with stress and optimizing their academic performance. Students Counseling and Assessment Services (SCAS) was therefore set up in 2005 at the premises of the Institute to provide counseling to university students in order to deal with their academic, emotional, social, adjustment, behavioral and other related problems. Initially the main objective of SCAS was to address the needs of Punjab University students, however owing to the increasing demand; these services were extended to the University employees. In order to facilitate and maintain the comfort level of the students, the SCAS has been moved to the premises of the University Health Centre since 2009. Applied Psychology and Chief Medical officer, Health Centre. Ms. Sadia Shahzeb a Senior Clinical Psychologist is supervising counseling and assessment services provided at the SCAS. Ms. Sadia Shahzeb (Student Counselor) <http://pu.edu.pk/scas/> on Ph No. 042-99231256



## DEGREE PROGRAMS

### **BS Applied Psychology Program Regular / Self Support (Replica)**

The Institute started BS program in 2006. This program comprises of eight semesters and aims to provide students' knowledge of the nature, history and scope of discipline of psychology as a modern discipline. It also provides its graduates knowledge of the application and practice of psychology in real life and equips them with necessary skills to pursue specialized study to achieve professional qualifications. Students are provided with orientation of the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of Semester rules and regulations in the orientation program.

### **Prerequisites for Admission in BS 4 Years Applied Psychology Program**

Application form must be complete in all respects particularly, with reference to detailed marks in the previous examination; equivalence by the BISE (if required) and Conversion of marks (if required). An attested photocopy of National Identity Card/ Domicile Certificate of the applicant as well as of father/ guardian is also required. Required qualification for admission in BS 4 years Program is FA/ FSc or equivalent . Merit is calculated based on marks in matric, marks in FA/ FSc Hafiz-e-Quran marks (20) and additional marks (5) are awarded for FSc and 5 marks for studying Psychology in FA/FSc. It is required that the applicant carefully fills in the last two pages of the prospectus i.e. checklist and attaches it with admission Application form and retains the counterfoil with him/her as a receipt. The lists of selected candidates are displayed on the Institutional notice board according to the admission schedule laid down by the University.

### **MSc Applied Psychology 2 Years Program Regular / Self Support (Replica)**

The MSc is a two years program, with two semesters in each year. It emphasizes the application of psychological principles in major areas of Psychology. The MSc syllabi comprises of Foundation courses, Major courses, Elective/ Specialized courses, Community Work, and Research Thesis. Students are provided with orientation of: the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of Semester rules and regulations in the orientation program.



## DEGREE PROGRAMS

### **Prerequisites for Admission in MSc Applied Psychology 2 Years Program**

Application form complete in all respects particularly, with reference to detailed marks in the previous examinations, equivalence (if required), conversion of marks (if required), migration certificate (if required) should be submitted. An attested photocopy of National Identity Card/ Domicile Certificate of the applicant as well as of father/ guardian is also required. Required qualification for admission in MSc is BA/BSc degree with Applied Psychology/ Psychology as one of the elective subjects. It is necessary that the applicant attaches last two pages in the prospectus duly filled by him /her with application form and keep the counterfoil as a receipt. The lists of selected candidates are displayed on the Institutional notice board according to the admission schedule laid down by the University. For replica program there is no condition of age and year of passing, however the rest of the requirements are same for both programs.

### **MPhil Applied Psychology 2 Years**

Mphil emphasizes on the theoretical as well as the practical application of psychological principles in the field of Applied Psychology. The MPhil syllabi comprises of Core courses, Specialized Courses, and Research Thesis. The first two semesters comprised of 24 credit hours course work while in 3rd and 4th Semester and 6 credit hours Research Thesis. Students are provided with orientation of the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of DPCC rules and regulations in the orientation program.

### **Prerequisites for Admission in MPhil Applied Psychology 2 Years**

The admission criteria will be strictly in accordance to the rules set by the HEC Pakistan. Application form must be complete in all respects particularly, with reference to detailed marks in the previous examinations, equivalence certificate from the University of the Punjab (if required), conversion of marks (if required) and migration certificate (if required). For MPhil. The required qualification is BS 4 Years Degree in Applied Psychology/ Psychology / Clinical Psychology / Behavioural Sciences, or Msc Degree in Psychology / Applied Psychology. Merit is calculated on academic merit marks, GRE based entry test marks, interview marks, and professional experience and research publications.

### **MS Health Psychology 2 Years Program**

MS emphasizes on theoretical as well as the practical application of psychological principles in the field of Health Psychology. The MS

## **DEGREE PROGRAMS**

syllabi comprises of core courses, specialized courses, placements in different health settings, and research thesis. The four semesters comprised of 24 credit hours course work and 6 credit hours research thesis. Students are provided with orientation of the resources, facilities, rules and regulations, and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of DPCC rules and regulations in the orientation program.

### **Prerequisites for Admission in MS Health Psychology 2 Years Program**

The admission criteria will be strictly in accordance to the rules set by the HEC Pakistan. Application form must be complete in all respects particularly, with reference to detailed marks in the previous examinations, equivalence certificate from the University of the Punjab (if required), conversion of marks (if required) and migration certificate (if required). For MS the required qualification is BS - 4 years Degree in Applied Psychology / Psychology / Clinical Psychology / Behavioural Sciences or MSc Degree in Psychology / Applied Psychology. Merit is calculated on academic merit marks, entry test marks, interview marks, and professional experience and research publications.

### **PhD Applied Psychology Program**

PhD is a highly professional degree program based on taught courses and Research Thesis. PhD syllabus comprises of 18 credit hours taught course work. The student will qualify comprehensive exam before undertaking research thesis. Students are provided with orientation of the resources, facilities, rules and regulations and code of conduct before the commencement of classes. It is mandatory for every student to attend orientation program and students are provided with copies of (DPCC) rules and regulations in the orientation program.



### **Prerequisites for Admission in PhD Applied Psychology Program**

The admission criterion is strictly in accordance with the rules set by the Higher Education Commission (HEC) Pakistan and Doctoral Program Coordination Committee (DPCC), University of the Punjab. Application form must be complete in all respects particularly, with reference to detailed marks in the previous examinations equivalence certificate from the University of the Punjab (if required), Conversion of marks (if required) and migration certificate (if required). For admission in PhD, the basic required qualification is MPhil in Applied Psychology / Psychology or MS Health Psychology / Clinical Psychology / Behavioural Sciences, Organizational Psychology followed by BS 4 years in Applied Psychology/Psychology/Clinical Psychology/Behavioural Sciences or MSc in Applied Psychology from HEC recognized University in Pakistan or MSc in above stated subjects from a foreign University. Merit is calculated on the basis of GRE based institutional test, academic qualification, interview, professional experience and research publications.

## PhDs AWARDED

<b>Sr. No.</b>	<b>Name of Awardee</b>	<b>Name of Supervisor</b>
1	Dr. Iffat Yaqub	Prof. Dr. Ruhi Khalid
2	Dr. Aysha Yousaf	Prof. Dr. Najma Najam
3	Dr. Gulzar-e-Gul	Prof. Dr. Najma Najam
4	Dr. Mohsina Mirza	Prof. Dr. Rukhsana Kausar
5	Dr. Amna Muazzam	Prof. Dr. Ruhi Khalid
6	Dr. Tanveer Nasr	Prof. Dr. Rukhsana Kausar
7	Dr. Tahira Jabeen	Prof. Dr. Ruhi Khalid
8	Dr. Farhat Jamil	Prof. Dr. Ruhi Khalid
9	Dr. Shaista Jabeen	Prof. Dr. Rukhsana Kausar
10	Dr. Shahida Tanvir	Prof. Dr. Najma Najam
11	Dr. Syeda Shahida Batool	Prof. Dr. Ruhi Khalid
12	Dr. Sarah Shahed	Prof. Dr. Ruhi Khalid
13	Dr. Subha Ahmed	Prof. Dr. Ruhi Khalid
14	Dr. Syeda Salma Hassan	Prof. Dr. Ruhi Khalid
15	Dr. Niaz Ahmad	Prof. Dr. M. Hamid Sheikh
16	Dr. Rafia Rafique	Dr. Naumana Amjad
17	Dr. Bilal Aslam Sufi	Prof. Dr. Ruhi Khalid
18	Dr. Shameem Fatima	Prof. Dr. M. Hamid Sheikh
19	Dr. Fauzia Naz	Prof. Dr. Rukhsana Kausar
20	Dr. Shamaila Asad	Prof. Dr. Najma Najam -
21	Dr. Muhammad Kashif Fida	Prof. Dr. Najma Najam



22	Dr. Memoona Shahid	Prof. Dr. Najma Najam
23	Dr. Zarghuna Naseem	Prof. Dr. Ruhi Khalid
24	Dr. Afsheen Gul	Prof. Dr. M. Hamid Sheikh
25	Dr. Sadia Malik	Prof. Dr. Yasmin N. Farooqi
26	Dr. Afsheen Masood	Prof. Dr. M. Hamid Sheikh
27	Dr. Naheed Atta	Dr. Muneer Ahmad & Dr. Dan Farrell
28	Dr. Rehana Nazir	Prof. Dr. Ruhi Khalid
29	Dr. Yousaf Jamal	Prof. Dr. Yasmin N. Farooqi
30	Dr. Muhammad Riaz	Prof. Dr. M. Hamid Sheikh
31	Dr. Ayesha Sheraz	Prof. Dr. Najma Najam
32	Dr. Syeda Fariha Iram Rizvi	Prof. Dr. Najma Najam
33	Dr. Farzana Ashraf	Prof. Dr. Najma Najam
34	Dr. Rubina Kausar	Prof. Dr. Yasmin N. Farooqi
35	Dr. Mahnaz Yousaf	Prof. Dr. Rukhsana Kausar
36	Dr. Saima Majeed	Prof. Dr. Farah Malik
37	Dr. Shahnaila Mushtaq	Prof. Dr. Rukhsana Kausar
38	Dr. Shazia Irfan	Prof. Dr. Rukhsana Kausar

## PhDs Submitted

Sr. No.	Scholar	Supervisor's Name
1	Ms. Afifa Anjum	Dr. Naumana Amjad
2	Mr. Vicar Solomon	Prof. Dr. Farah Malik

## PhDs in Progress

### List of Students of Ph.D Program Session 2012

Sr. No.	Scholars	Supervisor's Name
2	Afifa Gul	Prof. Dr. Najma Najam
3	Zainab Habib	Prof. Dr. Rukhsana Kausar & Dr. Fatima Kamran

### List of Students of Ph.D Regular Program Session 2013 (Spring Semester)

Sr. No.	Scholars	Supervisor's Name
1	Saadia	Prof. Dr. Rukhsana Kausar
2	Thereem Arshad	Prof. Dr. Rukhsana Kausar & Dr. Iram Fatima
3	Asma Yousaf	Prof. Dr. Rukhsana Kausar & Dr. Iram Fatima

### List of Students of Ph.D Regular Program Session 2014 (Spring Semester)

Sr. No.	Scholars	Supervisor's Name
1	Saira Batool	Prof. Dr. Rukhsana Kausar
2	Nida Zafar	Prof. Dr. Rukhsana Kausar & Prof. Dr. Stale Pallesen
3	Farukh Iqbal	Dr. Naumana Amjad
4	Zainab Javed	Dr. Rafia Raique



**List of Students of Ph.D Regular Program Session 2015 (Spring Semester)**

<b>Sr. No.</b>	<b>Scholars</b>	<b>Supervisor's Name</b>
1	Waqas Hassan	Prof. Dr. Farah Malik
2	Arooj Arshad	Dr. Saima Ghazal & Dr. Noshina Saleem
3	Sehrish Farooq	Prof. Dr. Farah Malik
4	Gul-e-Sehar	Dr. Iram Fatima
5	Saima Saeed	Prof. Dr. Farah Malik

**List of Students of Ph.D Regular Program Session 2015 (Fall Semester)**

<b>Sr. No.</b>	<b>Scholars</b>	<b>Supervisor's Name</b>
1	Nosheen Ramzan	Prof. Dr. Farah Malik & Dr. Iram Fatima
2	Beenish Mubeen	Dr. Mujeeba Ashraf
4	Ramiza Rasheed	Dr. Mujeeba Ashraf
5	Faiza Rasool	Prof. Dr. Rukhsana Kausar & Dr. Fatima Kamran
6	Muhammad Akram Riaz	Dr. Rafia Rafique

**List of Students of Ph.D Regular Program Session 2017 (Spring Semester)**

<b>Sr. No.</b>	<b>Scholars</b>	<b>Supervisor's Name</b>
1	Shiba Saeed	Prof. Dr. Farah Malik
2	Maria Ghazal	Prof. Dr. Farah Malik
3	Raisa Zubair	Dr. Iram Fatima
4	Huma Hassan	Prof. Dr. Najma Najam
5	Muhammad Faran	Prof. Dr. Farah Malik
6	Ahmed Bilal	Dr. Iram Fatima
7	Afreen Komal	Prof. Dr. Farah Malik

**List of Students of Ph.D Regular Program Session 2017 (Fall Semester)**

<b>Sr. No.</b>	<b>Scholars</b>	<b>Supervisor's Name</b>
1	Beenish Najam	Comprehensive Exam Pass
2	Nabgha Batool Naqvi	Comprehensive Exam Pass
3	Kanza Faisal	Comprehensive Exam Pass
4	Sherin Gul	Comprehensive Exam Pass
5	Saira Khan Alias Razia Faqir	Comprehensive Exam Pass
6	Amna Rafique	Comprehensive Exam Pass
7	Hafiza Fariha Masood	Comprehensive Exam Pass
8	Ghulam Ishaq	Comprehensive Exam Pass
9	Almas Irfan	Comprehensive Exam Pass
10	Sadia Khan	Comprehensive Exam Pass
11	Fozia Hayyat	Comprehensive Exam Pass

**List of Students of Ph.D Regular Program Session 2018 (Fall Semester)**

<b>Sr. No.</b>	<b>Scholars</b>	<b>Supervisor's Name</b>
1	Sumaira Ayub	Course work continue
2	Syeda Narjis Sherazi	Course work continue
3	Asma Zafar	Course work continue
4	Muneeb Ul Haq	Course work continue
5	Amira Iftekhar	Course work continue
6	Muqaddas Asif	Course work continue
7	Nuzhat Shaheen	Course work continue
8	Ayesha Farooq	Course work continue
9	Usman Ahmad Zaheer	Course work continue
10	Maria Idrees	Course work continue
11	Fozia Hayyat (Old)	Course work continue



## INSTITUTIONAL COMMITTEES

In order to facilitate students' academic, co-curricular and extra-curricular activities and smooth functioning of the Institute, following committees have been constituted. These committees function in accordance with the spelled out SOPs which are in line with those specified by the University. Decisions pertaining to matters falling in the purview of a specific committee are taken in formal regular meetings. In addition to these committees, faculty meetings are held frequently and regularly to take all faculty members on board about important decisions. Board of Studies is a Statutory Body which makes policy decisions not only on matters pertaining to the Institute but also about degree programs, curriculum, examinations etc at collages affiliated with University of the Punjab.

1. Board of Studies
2. Departmental Doctoral Program Committee (DDPC)
3. Institutional Purchase Committee
4. Degree Programs Coordination Committee
5. Semester / Examination Committee
6. Students' Advisory Committee
7. BOS Sub Committee
8. Disciplinary Committee
9. Security Committee
10. Thesis Committee
11. Admission Committee
12. Journal Editorial Committee
13. Scholarship Committee





## EXAMINATION, STUDENT EVALUATION AND FACILITATION

### Class Attendance

1. A student must have attended at least 75% of the classes held in a course in order to be allowed to sit in the final examination and will be required to repeat the said course when offered in the next session.
2. In case of absence as a result of late admission, medical grounds, the teacher/s will give extra (make-up) materials to the student to compensate the deficiency.
3. List of students who fail to fulfill requirement of attendance (75%), will be displayed and they will not be allowed to appear in the Final exam of the said course and will have to re-register for the said course in next academic year when the said course is offered.
4. In case, the student remains absent from a class for seven consecutive lectures without submitting leave application, his/her name shall be removed from the rolls.

### Evaluation System

1. The teacher is responsible for the evaluation of work/performance of the students of his/ her class and for the award of grades to them.
2. The number and nature of tests and assignments depends on nature of the course and will be evaluated as per University rules.
3. To pass a course, student must obtain 'D' grade (50% marks) cumulative in Assignments, Mid and Final Semester examinations.
4. There shall be no choice in questions in the Mid and Final examination papers.
5. The papers/scripts of each activity will be shown to the students by the concerned teachers in accordance with the announced schedule along with the examination schedule.
6. In case a student is not satisfied with his/her award even after checking his/her answer book, or clarification from the teacher, he/she may make written complaint to the Director who refers the case to the Examination Committee of the Institute.



## EXAMINATION, STUDENT EVALUATION AND FACILITATION

### **Grading System**

The Grading system is in accordance to the University rules. Maximum possible Grade Point Average is 4.00 and minimum Cumulative Grade Point Average varies across different degree programs.

### **Rules for Promotion**

For each Semester, students will be promoted as per University Rules and a copy of the rules is provided to the students during orientation program.

### **Disciplinary Action**

Disciplinary action is taken as per University rules and regulations in case a student is found guilty of: cheating; stealing; plagiarism; copyright violation; misconduct with fellow students, faculty members, staff; violation of the code of conduct of University i.e. behaviour unbecoming of a University student; violation of rules or any other type of fraudulent behaviour. Depending upon the nature and gravity of the misconduct, disciplinary action may range from simple verbal / written conduct probation to rustication and expulsion from the institute and University. After admissions, students are provided with a copy of semester rules and regulations of the University during orientation week.

### **Cancellation of Admission**

If a student fails to attend any lecture during the first four weeks of the commencement of the semester as per announced schedule, his/her admission stands cancelled automatically without any notice.



## ALUMNUS' IMPRESSIONS



**Dr. Gulzar Ahmad**  
Professor, Department of Psychology,  
Lahore Garrison University, Lahore.

I feel delighted to mention that I qualified my MSc (1974-76) and PhD in 1998 from the Department of Applied Psychology, University of the Punjab, Lahore. The knowledge and wisdom I received from this Department remains a great asset of my professional life. I realize that in spite of some social and political disturbances of the country, the learning environment extended by our knowledgeable faculty remained commendable. Being a graduate of this Department has provided me many academic and social opportunities around the globe with great confidence and leadership style.



**Mr. Riaz Fatyana**  
Former President  
Pakistan Psychological Association

Studying at the Institute of Applied Psychology Punjab University has been a fulfilling experience which is to be cherished always. It is because of this prestigious institute that I have reached at this level of political recognition at national and international level. The rigorous training I have received at the department of Psychology helped me in paving my path to serve the community and country at large. I had been the President of Pakistan Psychological Association through which I always aspired to work for the recognition of Applied Psychology and Psychologists in all walks of life to cater the crucial issues like mental health, terrorism and human rights.



**Prof. Dr. Sarah Shahed**  
Director, Women Institute for Leadership  
and Learning/Head of Gender and  
Development Studies, LCWU, Lahore

Department of Applied Psychology Punjab University has been my alma mater. I obtained my first degree, M.Sc in Applied Psychology, from this department as well as my PhD in Applied Psychology. I always feel blessed that I joined this department for my masters at a time when all the star scholars in the discipline were faculty members. Those initial years provided me a solid foundation that helped me achieve the best of knowledge and skill from Pakistan as well as abroad. I wish the best of everything to this department, its faculty, and its students.



**Mr. Khawaja Usman**  
Business Consultant  
Govt & Multinational

I completed post graduate degree at PU Applied Psychology specializing in Clinical Psychology, I choose PU Applied Psychology Department for three reasons. Firstly, it gave me an opportunity to study at the university which is the most prestigious university in Pakistan. Secondly the discipline of Applied Psychology was an acceptance of psychology as a science, and thirdly the labs of this department were at that time were advanced. The experience was that of freedom with teachers some recent graduates from the same department and some foreign qualified there was a great feeling of belongingness which lasts to date.



## ALUMNUS' IMPRESSIONS



**Dr. Akhtar Ali Syed**  
Principal Consultant Clinical  
Psychologist, Ireland Republic

I feel proud to be a student of the Institute of Psychology where not only I had acquired the basic knowledge of Psychology rather learned to understand the people who are facing psychological problems that may affect their entire life. I also learned to be humane, thoughtful and decided to render my services to this community who is in dire need of the psychologists that led me to choose to be a Clinical Psychologist and served my people for 10 years. Later I joined Clinical Services in Ireland Republic as Principal Consultant Psychologists where I'm serving for last are 15 years and have earned a prodigious name for the Pakistani mental health professionals. I feel to owe a lot to my dearest institute and community in Pakistan as whatever I'm today is because of Applied Psychology and the knowledge and wisdom rendered by my all prestigious teachers.



**Dr. Syeda Shahida Batool**  
Chairperson, Psychology  
Department, GCU, Lahore

I joined Institute of Applied Psychology years ago to quench my thirst for knowledge as well as to better understand myself and the people around me. I have learnt a lot academically and as a person throughout my long association with the institute. I believe that credit goes to the institute for where I stand today.

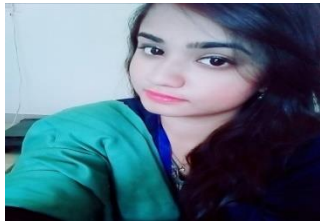


## GRADUATES' IMPRESSIONS



**Ms. Shazia Aslam**

I have been student of this prestigious institute from two decades; first as MSc student a decade back and then as MPhil students this year. Whatever I have achieved today is just by dint of hard work and beacon of guidance and training imparted by this prestigious Institute. Currently I am working as Assistant Professor of Psychology in Queen Marry College and this is all by blessings of Allah Almighty, and my kind mentors of Institute of Applied Psychology.



**Iqra Nazar**

Institute of Applied Psychology provided us excellent opportunities of growth and learning in MS Health Psychology Program. The pragmatic learning avenues enhanced our professional capacities that are in no way provided in any higher educational institute. I believe that this training is likely to open new horizons of success for us in professional growth.



**Nawal**

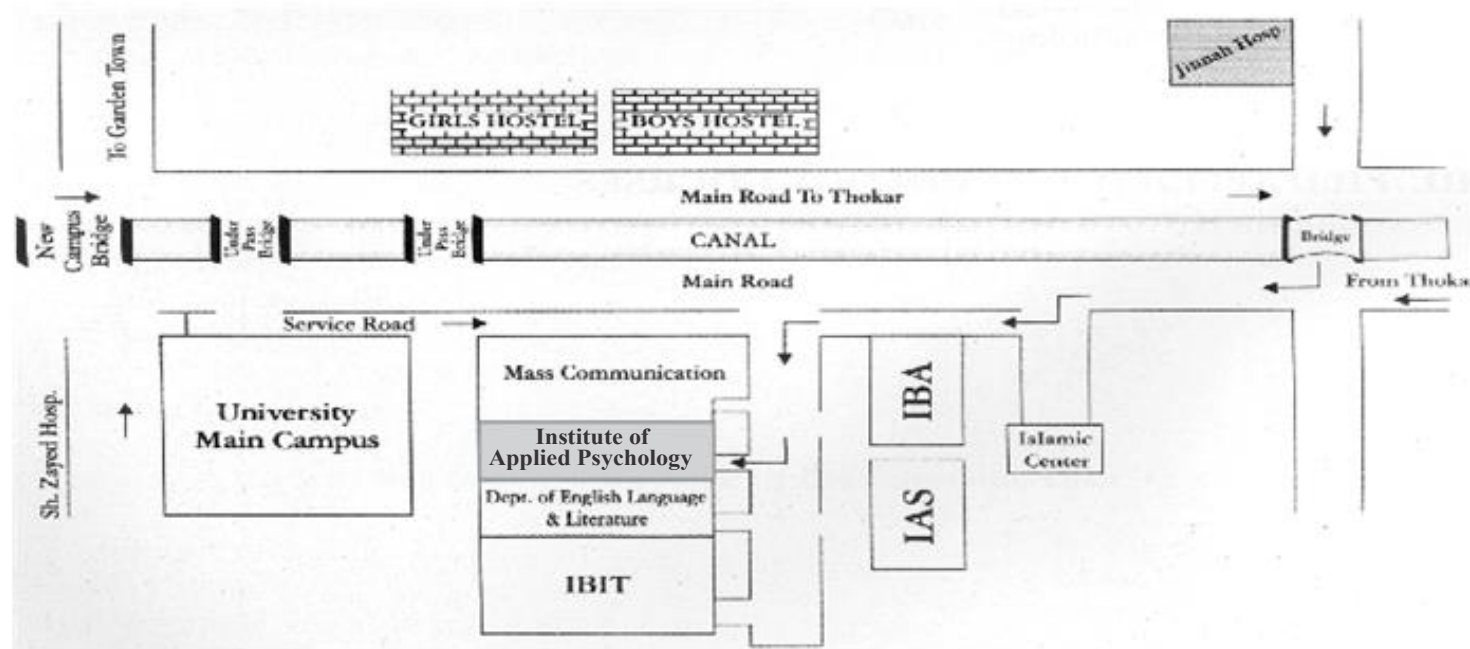
I have been in BS (4years Program). Staying in IAP from four years has been the greatest blessing of Almighty. I got here ample opportunities of development and growth. The environment of Institute is enriched with training, knowledge and skills and caters extensive opportunities of acquiring professionalism as Psychologist. This place has provided me magnificent ground for launching my journey for specialization and future growth.





## CONTACT US

Institute of Applied Psychology is situated in Quaid-e-Azam Campus alongside the bank of beautiful Lahore Canal, in an independent block (zone 2) adjacent to Institute of Communication Studies, Department of English Language and Literature, Institute of Business Administration and across the canal is the Boys' Hostel No. 15.



All correspondence regarding admission should be addressed to:

Admission Office  
**Institute of Applied Psychology**

Quaid-i-Azam Campus  
University of the Punjab

Lahore - 54590

Phone: +92-042-99231235

E-mail: [info.appsy@pu.edu.pk](mailto:info.appsy@pu.edu.pk)

Additional information is also available at PU website <http://pu.edu.pk/home/department/39/Institute-of-Applied-Psychology>



# PROSPECTUS

## Institute of Applied Psychology

University of the Punjab  
Lahore, Pakistan



### Contact Information

Admission Office

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