INTERNATIONAL CONFERENCE ON
PEACE BUILDING:
POLICIES, RESEARCH, & STRATEGIES

ABSTRACT BOOK

THE SOCIETY FOR THE
STUDY OF PEACE,
CONFLICT & VIOLENCE
APA DIVISION 48

Message from Professor Dr. Muahammad Tabassum Afzal

Rector
COMSATS University Islamabad, Pakistan

COMSATS University Islamabad thanks you for being a part of the *2nd International Conference on PEACE BUILDING: Policies, Research, and Strategies*. This conference is definitely a conspicuous collective contribution convened by the department of Humanities at Lahore campus of COMSATS University. This event is the result of a combined effort of the COMSATS University Islamabad Lahore campus and American psychological Association's Division 48-Society for the Study of Peace, Conflict, and Violence.

In recent years, the world has witnessed conflicts, violence, and instability in many forms in many parts of the world, which has caused immeasurable suffering for millions of people. However, we firmly believe that, by working together, we can find lasting solutions to these challenges and create a peaceful and harmonious world.

Dear reader, you will find an array of themes and sub themes of the conference identifying diversified factors which contribute to provide a solid foundation for building a sustainable peace in the world. You will find valuable research contributions made by the authors on the concept of Peace Building from the perspectives of war survivors, law and Justice, education, human rights, suicide prevention, social psychology and human behaviour towards violence, human values, sectarian violence, media, art, literature, discrimination, minorities, and religions.

This conference provides a unique platform for experts, practitioners, scholars, and policymakers from around the world to share their experiences, insights, and ideas on how to promote peace and resolve conflict through workable strategies and holistic policies. I hope that you will find the research papers selected for this conference engaging, enriching, and productive.

I would like to take this opportunity to express my heartfelt gratitude to all the authors and presenters for their invaluable contributions and commitment to building a better world. I would also like to thank our sponsors, organizers and volunteers for their tireless efforts in making this conference a success.

Once again, thank you for being a part of the Conference on Peace Building. I wish you a stimulating and rewarding experience with this book of abstracts.

Message from Professor Dr. Syed Asad Hussain

Director
COMSATS University Islamabad, Lahore Campus

It is a moment of pride for me to host the 2nd International Conference on Peace Building: Policies, Research, and Strategies at the Lahore Campus of COMSATS University Islamabad. I welcome all the guest speakers, researchers, presenters, delegates and dignitaries to the conference.

COMSATS University is famous for its unconventional approach towards academics with an interdisciplinary outlook to research. The present conference exemplifies this demeanor as it takes its themes from a variety of academic disciplines of psychology, sociology, religion, literature, language, international relations, governance, and history. In 2017, our campus hosted "1st International Conference on Peace, Conflict, and Violence: Challenges and Resolution Strategies," with approximately the same objectives. Peace building is gaining more attention in the world today as it is the best possible point of connection between humanities, social sciences, and hard sciences. It is a means of fostering understanding and trust between various social groupings, which can lessen conflict and improve the environment for all parties. Researchers in higher education have found that promoting peace can benefit social cohesiveness, economic growth, and human rights.

This conference on Peace Building gives space to scholars and researchers for meaningful discussions on peace building policies and strategies in Pakistan. Participants from various backgrounds such as academics, researchers, policy makers, activists, and practitioners will come together to share their research findings and knowledge about peace building in the region. This is an amazing opportunity for those who are interested in learning more about how to build peace through research-based policies and strategies. I hope that during this conference, scholars will examine the connections between peace and conflict resolution, sustainable development, language and literature, the arts and social sciences, and increasingly concerning issues of climate change.

I really appreciate the efforts of team lead by Dr Shameem Fatima, Chairperson-Department for a successful organization of this event. Every team member of the department deserves a huge round of applause for their untiring efforts and making this brilliant scholarly event possible. I look forward to in-depth discussions that will lay foundations of cutting-edge peace building strategies, which can be used around the globe. I reassure that the attendees of the conference will enjoy their time on our campus and that they will find us to be thoughtful and welcoming hosts. I would like to extend a warm greeting once again to all visitors and conference participants. I hope that they will make this intellectual gathering beneficial through their important contributions.

Message from Professor Dr. Saqib Gulzar

Dean, Faculty of Business Administration
COMSATS University Islamabad, Pakistan

I am honored to have this opportunity as the Dean Faculty of Business Administration, COMSATS University Islamabad to welcome all the international and national speakers, presenters, participants and guests to the 2nd International Conference on Peace Building: Policies, Research, and Strategies at the Lahore Campus of COMSATS University Islamabad.

In recent years, COMSATS University Islamabad has earned a good repute of producing high impact research trying to come up with modern and novel solutions to the present day multidimensional challenges. Under the Faculty of Business Administration, the department of Humanities and the department of Management Sciences have been hosting numerous national and international conferences, symposia, workshops, seminars. This conference is a great contribution of the department of Humanities in the field of psychology as it addresses the challenges of violence, conflicts, and peace and shall try to come up with practical solutions to these stupendous problems that tend to destroy the balance of a peaceful society. The tide of globalization has connected all countries of the world into a community implying that a real humanity civilization is taking shape. Nonetheless, the importance of peace and harmony is being acknowledged by an increasing number of foresighted individuals. Peace and harmony may offer a calm and stable order to society, and they are required for mankind's existence and progress.

I hope that this conference is a well-timed errand to fulfill our mission of contributing to develop a violence free, peaceful society by generating dialogue among the intelligentsia and coming up with viable plans. For the researchers and scholars, it is a magnificent occasion to share their expertise and innovative ideas to meet the challenges of conflict, violence and peace. It is a service to humanity and of course a nudge for the youth towards a dynamic yet peaceful Pakistan. The depth of research, the scope of advancement, and the limit of transcendence are all significantly streamlined in the plenary talks and the presentations. I firmly believe that knowledge created from the research papers presented in the conference will definitely make a substantial contribution to the domains of Peace building at both national and international levels. It is a message from Pakistan to the whole world about peace as an utmost priority. I welcome all the local and foreign guests and hope they will enjoy these two days of interaction, exchange, and exploration.

Dr Shameem Fatima

Chairperson, Department of Humanities/Tenured Associate Professor, Psychology, COMSATS University Islamabad, Lahore

On behalf of Department of Humanities, COMSATS University Islamabad, Lahore, it is indeed a great honor and a privilege for me to welcome honorable guests, eminent professionals, and students at the International Conference on Peace Building (ICPB2023). International Day of peace is observed annually on 21st September. In co-memoration with the world peace day, COMSATS University Lahore campus is hosting the 2nd international conference on peace building for the cause of peace promotion and to brainstorm ideas from experts and eminent professionals which may help in policy formulation to strengthen peace in communities.

Peace building has become particularly important globally as well as in Pakistan during the present era which has seen economic recession and socio-psychological challenges associated with covid and post-covid crises. The conference theme covers a wide range of topics related to peace building and conflict resolution which are reflective of challenges posed to all countries of the world and particularly to the Pakistani society such as terrorism, extremism, corruption, aggression, violence, inter-racial, inter-cultural, and inter-group conflicts, intolerance, crimes, violation of human rights etc. Professionals and presenters from social sciences disciplines will be highlighting the role of psychology and religion in peace building, role of art and literature in artistic and literary description of war and conflict and violence in special groups, and the role of media and journalism in violence, abuse and crime reporting. The conference will provide first-rate opportunity to skilled and young researchers to share their views and scientific work in the field of Peace Psychology. It will foster communication among researchers, teachers, and practitioners who are working on issues related to violence, conflict, war, disasters, and blasts.

Eminent international speakers from United States, Philipine, Singapore, India, Iran, and Maxico are presenting in the conference. Dr Robin Lynn Treptow, President Peace psychology division of APA from USA is a keynote speaker today. Prof Dr Bilveer Singh from National University of Singapore is also our keynote speaker. Other presenters from USA are retired Prof. Dr Arthur Kendall from Govt. Accountability Office USA, Dr John Darryl, Program Chair APA Convention 2023 and Dr Zeeshan from USA. Dr Christina Montiel from philipine, and Ms Anupriya from India, who are the executive members of Peace Psychology division are also presenting in this conference. Moreover, Prof Dr Feggy Ostrosky from Maxico will be talking about neuropsychology of violence and Dr. Faramarz Asanjarani, *from Iran* will be talking about violence and cyberbullying.

Distinguished professionals from the country are Prof. Dr Rukhsana Kausar, Vice Chancellor GC Women University Sialkot, Prof. Dr Ruhi Khalid, Vice Chancellor Beaconhouse National University, Prof. Dr Qaisar Abbas, Vice Chancellor University of Sargodha, Prof. Dr Najma Najam, Pro Vice Chancellor Nur International University, Professor Adnan Rafiq from Pakistan Ministry of Planning, development and special initiatives, Prof. Dr Nashi Khan, Chartered Clinical Psychologist and president elect Pakistan Association of Clinical Psychologist, Prof. Dr Asir Ajmal, Dean FAS, gift university, Prof Dr Hadia Awan, and Dean Faculty of Law university of central Punjab. Other distinguished professional from academia including Institute directors, Chairpersons, and head of the departments are also attending the conference as presenters or session chairs. Professionals, academicians and young researchers from more than 40 universities from across the country are presenting at the conference. The conference program offers keynote and plenary lectures, panel discussion, invited guest talks, oral and poster presentations covering multidisciplinary topics related to the main conference theme. In addition, the conference has provided a platform for skill learning and training sessions focusing on training skills to resolve conflicts, enhance peace of mind by utilizing SALAM Model, polish forgiveness skills, gain awareness about managing suicidal ideation and behaviors etc. Training teams were from Punjab University, Government College University, Lahore College for Women University, Okara University, university of Central Punjab, KEMU, and international Open University. The presence of eminent professionals from across the country as well as from USA, Singapore, Maxico, Philipine, Iran, and India, has literally brought the world of peace psychology at the platform of COMSATS Lahore.

It is a moment of pride to announce that Division (48) of American Psychological Association, i.e., society for the study of Peace, Conflict, and Violence is collaborating with us and has sponsored this conference. This division of APA works to promote peace globally. The pertinent interest and support of Dr Robin Lynn Treptow, President Peace psychology division, and Stephanie Beckman, Treasurer of the division led the way to this collaboration. It would be worth highlighting that the conference news of ICPB 2023 is being published in the upcoming newsletter of the Peace Psychology society.

I am grateful to Allah Almighty for his support and blessings which has made this event a great success. I am deeply obliged to the honorable Director, CUI Lahore, Prof. Dr Asad Hussain for his patronage, timely guidance and unconditional support for organizing this conference. I am grateful to Peace psychology division of APA to make this event successful and appreciate the assistance and cooperation of faculty members of Department of Humanities who contributed their sincere efforts to organize this grand event. I hope that this conference is a well-timed activity to fulfill our mission of developing a violence free, peaceful society. It is a message from Pakistan to the whole world that peace is an utmost priority. I welcome all the guests and hope they will enjoy these two days of interaction, exchange, and exploration.

Restoring peace for children left to suffer in wartime: Relational salves to soothe the silent harms

Dr Robin Lynn Treptow
President, APA Peace Psychology Division, USA
Keynote Lecture

Children need peacetime. Good people, places, and practices emerge when a child's world is peaceful. We must make our world the best it can be for children. This means we help people around the globe live well with one another so children everywhere have what they need to thrive. This dream requires work—virtues of calmly standing against war and of opening ourselves to others' worldviews. Beyond destruction—death, injury, chronic pain, and other silent harms to children—a war means parents sent away to fight, die, and suffer trauma disrupt children's attachment. We can do many things to stop wars and fighting. I am a developmental peace scholar. In 2013, few colleagues thought war could end—some even saw living without armies, soldiers, and weapons as unsafe. To offset this dismal view, I worked out robust pacifism theory (Treptow, 2013; 2014) to embrace global harmony as good, desirable, and achievable. Robust pacifism aims for good living at every level (Treptow, 2015, 2016, & 2017). It has at its core a norm that envisioning a goal is the first step to achieving it. We yearn to see, hear, feel, taste, smell, and move in places where peace's rule matches reality. We dismantle barriers within that keep us from working towards peace. In this talk I lay out three tactics for increasing our awareness of war's effects—to help ordinary people stand against fighting. I first introduce 'altruistic chagrin' (Treptow, 2013) whereby persons stop praising war and fighting even if others still think it right to kill enemies. I next pair this stance against war with 'openness to the other' (Fowers & Davidov, 2006). I close by showing common virtues (e.g., justice, transcendence; Peterson et al. 2006) to be peace-making tools which can transform how we think and live.

Challenges of Psychology in Peace Building; Seeking Growth and Resilience in Turbulent Times

Prof. Dr. Najma Najam

Pro Vice Chancellor, NUR International University, Lahore

Psychology studies behaviours- ranging from molecules of the mind to the behaviours of animal herds, human crowds, to wars, peace, conflicts and altruism etc. Never before has this new emerging field of Peace Psychology and Positive Psychology gained more important that now, in the turbulent times of the 21st century world in general and Pakistan in particular. This is especially true in today's Pakistan where Interactions and relationships are badly scarred with prejudices, stereotypes, conflicts, unequal distributions of resources. We need parity, tolerance and social justice, and psychologists are needed to guide policies (Suedfeld & Tetlock, 1991).Psychologists have played important role in resolving conflicts at national and international levels around the globe. This is what we universities and psychology departments in Pakistan need to do. Future possibilities for policy maker are guided by psychologists- the experts in human behaviours.

Human Rights: A Framework for Promoting Peace and Justice.

Prof. Dr Arthur Kendall

US Govt. Accountability Office (Rtrd.) Seminole, Florida USA

As scientists we have a responsibility to use our scientific knowledge and methods to further social justice and the welfare of humanity and thus move toward peace. In this talk, Dr. Kendall will briefly present what is meant by human rights and how a human rights perspective will help us organize our efforts, thinking, and discussions in meeting this responsibility. He will describe the Coalition of Scientific Societies for Human Rights and the On-Call Scientists System. These groups are resources whereby we can work with others to promote peace and justice and get support for our own efforts. Our efforts may be in documenting human rights needs and/or in providing services such as mental health treatment. He will present some ways to include a human rights perspective in our teaching, research, and client services.

Reproductive rights: Black infant and maternal mortality rates in the United States—Inaudible racism?

Mr. Johnson Darryl
Executive Director, Leader, Developer of Young People, Change Agent, Technologist

Racism puts the lives of newborn Black babies, and of their mothers, at risk. It fuels reproductive injustice. Unborn babies feel and take in traumas their mothers endure in toxic environments. Intergenerational trauma links to high prematurity rates. In utero trauma affects babies into adulthood—mental, physical, and social health disparities. This conversation hour will highlight reproductive injustice such as higher Black infant mortality if living in more prejudiced neighborhoods (Chae et al., 2018), and risks for babies born to mothers who live amidst toxic stress. Racism hurts. Social danger triggers physical pain pathways (Cacioppo & Cacioppo, 2014; Wesselmann et al., 2016); threat and deprivation change brain networks (Bick et al., 2015; Sheridan & McLaughlin, 2014). To launch conversation around discrimination's effects on childbearing injustices, the presenters will review literature on and stories about social health risks from racism (Bailey et al., 2017). We then invite audience dialogue around relationship as a way to stop racism. Attendees will leave with increased awareness of racism's costs, and how to stop it. Attendees will know that mothers' experiences of toxic environmental stress, including racism, are linked to their infants' poorer health outcomes throughout life. Moreover, insults from racism hurt people via the same brain and body pathways as physical pain, and greater discrimination is linked to higher Black infant mortality.

Doing Peace Psychology Research in the Global South

Prof. Dr Cristina J. Montiel
Professro Emeritus, Ateneo de Manila University

When a Global South psychologist practices and thinks about social justice and transformation: (a) the practitioner-scientist stands at the intersection of professional practice, scholarly productivity, and solidarity with local struggles; (b) she is both the researcher, and the researched; (c) she is usually a seasoned data collector and project implementer, but lacks abilities to produce publishable work for a global audience; and (d) in action-research projects, she finds herself implementing the action part of the research, so that North-based knowledge can be demonstrated as useful in the Global South. The current field of psychology is particularly disadvantaged in understanding massive social-justice transformations in the Global South, because publishable psychology is saturated with micro ontologies and anesthetized lab-based epistemologies. For studies on social justice in the Global South, I propose (a) employing larger analytical units, like psychologies of power shifts, social movements, and authoritarian states; and (b) looking at mental processes and behaviors in public/political rather than private/interpersonal spaces. For example, in its Global South social-justice form, federalism may be employed to distribute national political power among asymmetric ethnic tribes in new democracies. As an example of a psychology during massive transformations, I present a case study of public emotions and representations during a shift to federalism. Finally, I call for global collaborations on social transformations, because both exploitation and human betterment now use global networked systems. I close by showing that the future is today, in existing working and human relationships among Global South and North psychologists working for social justice.

Violence at School: Development of A Measure to Investigate Teachers' Attitude Toward Bullying and Cyber-Bullying

Dr. Faramarz Asanjarani
University of Isfahan, Iran

Schools play an important role in intervening in the academic and social challenges of students. One of the challenging behaviors that has become a serious concern in schools is the phenomenon of bullying. It is one of the basic obstacles to reach the ultimate goals of education, i.e., learning and growth in all aspects of students' lives. Students who are victims of bullying are beaten and physically harmed, humiliated, and threatened by their peers. This study aimed to develop a measure to investigate teachers' attitude toward bullying and cyber-bullying. In this study, 16 teachers who were in direct contact with the phenomenon of bullying were selected through convenience sampling. A semi-structured interview was conducted and the codes were analyzed according to Brown and Clark method. Interviews were investigated and a total number of 24 main themes were extracted. We then developed a 24 vignette (i.e., a short story) based on each category. This scale includes questions asking the teacher to rate the importance of each scenario as well as an indication to the measures taken to address each cyber/bullying vignette. This scale can help researchers and policy makers to better understand the phenomenon of bullying and cyber bullying and investigate the possibility of intervention for each scenario.

Psychological Trauma, Mental peace, Depersonalization, Drug Addiction
Neurobiology, Neuroception, & Much More

Dr. Muhammad Zeeshan
President, Pakistani American Psychiatrist Association of North America

Addiction is a complex psychological process. It is manifested in any behavior that a person finds temporary pleasure or relief in, and therefore craves, but they can't give up despite the negative consequences to themselves or those around them. Multiple studies across the globe have shown that childhood trauma is the root cause of many social and personal issues in our society including increased risk of suicide, alcoholism, drug addiction, gambling, criminality, depression, heart, and liver problems, and many more. Individuals with trauma histories are more vulnerable to addiction as a means of regulating their mood, quieting intrusive thoughts, and suppressing the arousal caused by elevated stress hormones. These illicit drugs can facilitate a state of numbness and temporarily relief rather that solving the core issue. Another way to cope with these traumatic experiences is by dissociating or employing depersonalization strategies that ultimately lead to feeling chronically disengaged and emotionless. In this workshop, I will explain some complex concepts like Neuroception, Polyvagal theory, Ghost in the Nursery and share some practical strategies to implement trauma informed care at institutional levels (clinics, schools, hospitals, community) with a hope to prevent substance use in in teenagers and adulthood.

Neurobiology of Violence: Causes and Prevention

Prof. Dr Feggy Ostrosky
National University of Mexico, Mexico

In spite of all technological and social advances, violent behaviors continue being common in our contemporary world. Due to the magnitude of these behaviors, they have also been considered as a real problem of public health (World Health Organization, 2002). Violent behaviors are shown in different levels, from domestic abuse to mass homicide and wars. This presentation draws on findings from psychology, neurology, and genetics to offer a multidimensional analysis of criminal behavior. Specific case studies, including serial killers, mass murders; family violence, cannibalism, and hitmen are presented. Suggestions for curbing violent behavior are presented.

Non-WEIRD Representation in Social Psychology Literature
Challenges and Avenues for Indo-Pak Intergroup Conflict and Contact Research

Anupriya Kukreja
Executive Committee member, APA Division 48
Teachers College, Columbia University

Psychology has long had the WEIRD problem, where subjects from western, educated, industrialized, rich, and democratic countries are overrepresented in studies. In social psychology and intergroup relations research, however, literature is dominated by studies on the Israel- Palestine conflict. While other conflicts do see representation, such as between UK and Northern Ireland, Turkish and Kurdish communities, Cypriots (Turkish and Greek), racial tensions in the US, etc., the long protracted Indo- Pakistan conflict and its surrounding biases have seen little representation in social psychology research. Some scholars have looked at similarities between the Israel- Palestine conflict and the Indo- Pak one, as land ownership, sovereignty and religion are common themes. I inquire if there is potential to replicate studies from the Israel-Palestine context in the Indo- Pak setting, what the pros and cons of the same are, along with the obstacles that researchers from either side of the border can face while recruiting subjects, or getting permission from ethics boards or even governments to execute such scholarly projects. My presentation is essentially a call for inviting a new era of psychology literature where this conflict is not neglected in scholarly efforts, and what might enable such cross-country and cross-cultural collaboration. Researchers may have a first-mover advantage in this area, and I, therefore, use a mix of qualitative interviews with scholars in South Asia, as well as my own reading of the landscape of Indo-Pak intergroup relations research to drive home a point. Finally, I will offer some research ideas that can be explored to fill gaps in the almost non-existent literature.

International Conference on Peace Building: Policies, Research & Strategies
March 15-16, 2023
Day 1: March 15, 2023
Inaugural Session: 9:00 – 11:00 AM
Venue: Ground, Opposite C-Block

Participants to be seated: 8:15 AM

Guests to be seated: 8:30 AM

Moderator Inaugural Session: **Dr. Shazia Gulzar**

9:00 – 09:05 AM	Recitation from the Holy Quran
9:05 – 09:10 AM	National Anthem
9:10 – 9:15 AM	Welcome Note: **Dr. Shameem Fatima** Associate Professor/Chairperson, Department of Humanities, CUI Lahore
9:15 – 9:25 AM	Address: **Prof. Dr. Syed Asad Hussain** Director, COMSATS University Islamabad, Lahore
9:25 – 9:35 AM	Address: **Prof. Dr. Saqib Gulzar** Dean FBA, COMSATS University Islamabad
9:35 - 9:`50 AM	Chief Guest: **Prof. Dr. Muhammad Tabassum Afzal** Rector, COMSATS University Islamabad
9:50 – 10:00 AM	Guest of Honor: **Prof. Dr. Qaiser Abbas** Vice Chancellor University of Sargodha, Sargodha
10:00 - 10:20 AM	Keynote Address: *Challenges to Peace Building Today* **Prof. Dr. Bilveer Singh** Head, Department of Political Science, National University of Singapore
10:20 -10:40 AM	Keynote Address: **A Psychologist's Contribution to Peace** **Prof. Dr. Ruhi Khalid** Vice Chancellor, Beacon House National University, Lahore
10:40 - 10:55 AM	Keynote Address: **Restoring Peace for Children Left to Suffer in** **Wartime: Relational Salves to Soothe the Silent Harms** **Dr. Robin Lynn Treptow** President, APA Peace Psychology Division, USA
10:55 - 11:00 AM	Vote of Thanks: **Dr. Musferah Mehfooz** Head, Department of Humanities, CUI Lahore Campus
11:00 -11:05 AM	Presentation of Shields to the Guests
11:05 -11:30 AM	Tea Break

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Day 1: March 15, 2023
11:30 AM– 1:00 PM

Panel Discussion
Venue: Ground, Opposite C Block
Theme: *Justice, Diversity, and Inclusion for Peace Building*

Moderator: **Dr. Shameem Fatima,** Chairperson, Department of Humanities, CUI, Lahore

Panelists
Chair Panel Discussion: Prof. Dr. Rukhsana Kausar
Vice Chancellor, Government College Women University Sialkot
Prof. Dr. Rafia Rafique
Director, Institute of Applied Psychology, University of The Punjab, Lahore
Dr. Asir Ajmal
Dean, Faculty of Arts & Social Sciences, GIFT University, Gujranwala
Prof. Dr. Syeda Shahida Batool
Professor, Department of Psychology, Government College University, Lahore
Prof. Dr. Syeda Salma Hassan
Professor/Chairperson, Department of Psychology, Government College University, Lahore
Dr. Saima Ghazal
Associate Professor, Institute of Applied Psychology, University of The Punjab, Lahore.

1:00 – 2:00 PM: Lunch Break

Plenary Talks
2:00 AM– 3:20 PM
Venue: Ground, Opposite C Block

In-charge and Moderator: Ms. Huma Ijaz

Time	Plenary Talks
2:00 – 2:20 PM	Title: ***Challenges of Psychology in Peace Building; Seeking Growth and Resilience in Turbulent Times*** **Prof. Dr. Najma Najam** Pro Vice Chancellor, NUR International University, Lahore
2:20 – 2:40	Title: **The Role of Education in Promoting Peace** **Prof. Dr. Nashi Khan** Charted Clinical Psychologist (UK), Dean, Faculty of Social Sciences (FSS), Rashid Latif Khan University, Elected President, Pakistan Association of Clinical Psychologists, (PACP) Lahore.
2:40- 3:00 PM	Title: ***Protecting Human Rights: A Way to Peace Building*** **Dr. Adnan Rafique**, *The Planning Commission of Pakistan*
3:00-3:20 PM	Title: ***Human Rights: A Framework for Promoting Peace and Justice.*** **Prof. Dr Arthur Kendall**, *US Govt. Accountability Office (Rtrd.). Seminole, Florida USA*

Symposia

Day 1: March 15, 2023

Symposium: 1-A   **Venue: Seminar Room**   **2:30- 4:00 PM**

Theme: Utility of Local Suicide Data for Informing Local and National Suicide Prevention Strategies

Session Chair1: Prof Dr. Nazish Imran   Session Chair2: Dr. Farhat Jameel
Session In-charge: Ms Iffat Khalid   Moderator: Ms. Maryam Amjad
Facilitators: Ayeza Qayyum, Muhammad Dawood Aslam, Sadia Saeed

Abstract No.	Title of presentation	Authors
ICPB-23-141	Suicide and self-harm in adolescents: Prevalence and risk factors	Dr Muhammad Imran Sharif Department of Child & Family Psychiatry King Edward Medical University/ Mayo Hospital, Lahore
ICPB-23-142	The epidemiology of suicide-homicide (dyadic deaths) in Pakistan	Dr Mariam Ayub King Edward Medical University/ Mayo Hospital, Lahore
ICPB-23-143	Pattern of suicide in Pakistan: Review from newspaper reports	Dr Sania Mumtaz Tahir King Edward Medical University/ Mayo Hospital, Lahore
ICPB-23-144	Pattern of self-harm and attempted suicide presentations in emergency department of a tertiary care hospital	Dr Qasim Qadeer King Edward Medical University/ Mayo Hospital, Lahore
ICPB-23-145	Pattern of adolescent suicide in Pakistan: a content analysis from newspaper over two years	Dr Bariah Rafique King Edward Medical University/ Mayo Hospital, Lahore
ICPB-23-146	Pattern of suicide Deaths: A retrospective 5 year autopsy sample analysis in Pakistan	Dr Izwa Bhatti King Edward Medical University/ Mayo Hospital, Lahore
ICPB-23-52	Impact of Intimacy Attitude on Suicidal Desire	Mehwish Khan, Dr. Amena Zehra Ali University of Karachi

Day 1: March 15, 2023

Symposium: 1-B   **Venue: A2**   **2:30- 4:00 PM**

Theme: Peace of Mind and COVID-19

Session Chair1: Prof. Dr. Najma Malik   Session Chair2: Dr. Mohsin Atta
Session In-charge: Mr. Maria Shamim   Moderator: Dr Mahira Ahmad
Facilitators: Anam Farooq, Khadija Zafar, Javeria Saeed

Abstract No.	Title of presentation	Authors
ICPB-23-185	Role of Friendship Quality in the relationship of Psychological Issues and Post Trauma Recovery	Sidra Shakoor & Dr Mohsin Atta University of Sragodha, Sargodha
ICPB-23-186	Effect of Perceived Inter-Parental Conflicts on Social Connectedness among Youth: Role of Psychological Well-Being and Gender	Kinza Khalid & Dr. Najma Iqbal Malik University of Sragodha, Sargodha
ICPB-23-187	Experiencing Covid-19: A Phenomenological Study	Hafiza Attia Rehman, Anam Yousaf, Dr Najma Iqbal Malik University of Sragodha, Sargodha
ICPB-23-188	Outcomes of Fear of Covid-19 Among University Students	Anam Yousaf, Hafiza Attia Rehman, Dr Najma Iqbal Malik University of Sragodha, Sargodha
ICPB-23-189	Forms of Love, Scrupulosity and Psychological Distress in Emerging Adults	Hira Iqbal, Dr Irsa Fatima Makhdoom, & Asma Irfan University of Sragodha, Sargodha

Day 1: March 15, 2023

Symposium: 2-A **Venue: Seminar Room** **4:00- 5:30 PM**

Theme: Peace Within, Harmony Without: A Holistic Approach to Peace Building

Session Chair1: Prof. Dr. Naumana Amjad Session Chair2: Dr. Shehnila Tariq
Session In-charge: Ms. Ayesha Aziz Moderator: Dr. Javaria Farooqui
Facilitators: Shumaila Nawaz, Muhammad Ahtsham Ul Haq, Zunaira Rasheed

Abstract No.	Title of presentation	Authors
ICPB-23-127	Self-forgiveness, happiness, and flourishing: an empirical investigation	Aqsa Suhail, and Ali Imran NUR International University
ICPB-23-128	Practice The mind and the space: narrative of a yogi	Uswa Amjad Architecture Department, Comsats University, Lahore
ICPB-23-129	Why Family harmony is important: a systemic family therapy perspective.	Maryam Suheyl NUR International University
ICPB-23-130	Solutions through Training Handling difficult situations at workplace: story of a training and its outcomes	Maryam Suheyl and Naumana Amjad NUR International University
ICPB-23-131	Experiments Changing reasoning about aggression can reduce victimization and behavioral intentions; report on two studies	Naumana Amjad, Alex Wood and Martin Skinner NUR International University
ICPB-23-132	Peace Building in Community	NUR International University team
ICPB-23-133	Global Initiatives	Nur International University Team
Community projects for tolerance and peace		NUR International University team
Global interfaith peace initiatives; vision 2020, empathy neuroscience and Sufi-yogi dialogue		Nur International University Team

Day 1: March 15, 2023

Symposium: 2-B   **Venue: A2**   **4:00- 5:30 PM**

Theme: Violence and Psychology of Human Behaviour

Session Chair1: Dr. Shazia Qayyum   Session Chair2: Mr Faiz Younas
Session In-charge: Ms. Umara Shaheen   Moderator: Ms Bareera Saeed
Facilitators: Wasiqa Aslam, Ghanwa Safdar

Abstract No.	Title of presentation	Authors
ICPB-23-147	Cyber Bullying Victimization, Displaced Aggression and Bullying Behaviour in Social Media Influencers	Shahzarey Ashraf & Dr. Iram Fatima Institute of Applied Psychology, University of the Punjab, Lahore
ICPB-23-148	Perceived Parenting, Loneliness and Digital Dating Abuse in Young Adults	Ayesha Maqsood & Dr Shahnila Tariq School of Professional Psychology University of Management and Technology, Lahore, Pakistan
ICPB-23-149	Evaluating Religious Orientation, Behavioural Strengths & Difficulties in Adolescent Girls Studying Across Traditional & Modern Madrassas	Faiz Younas & Ummama Ashraf Institute of Applied Psychology, University of the Punjab, Lahore
ICPB-23-150	Fear of Missing Out, Phubbing Behavior, Parental Attachment and Social Media Addiction in Adolescents	Tayyaba Noreen & Dr Shazia Qayyum Institute of Applied Psychology, University of the Punjab, Lahore
ICPB-23-151	Predicting Life Satisfaction in Emerging Adults: The Role of Non-physical Aggression and Ego-resilience	Faiz Younas, Ayesha Aftab & Kashaf Noor Institute of Applied Psychology, University of the Punjab, Lahore
ICPB-23-152	Self-objectification, Co-rumination and Social Appearance Anxiety among Adult Female Students	Bushra Zaffar & Dr Shazia Qayyum Institute of Applied Psychology, University of the Punjab, Lahore

Day 1: March 15, 2023

Symposium: 2-C   **Venue: A3**   **4:00- 5:30 PM**

Theme: Forgiveness: A Positive Approach to Peace Building

Session Chair1: Dr. Iffat Batool   Session Chair2: Dr Urooj Khawar

Session In-charge: Mr. Saleem Kakar   Moderator: Mr Samar Kamal Fazli

Facilitators: Zainab Raheel, Maryam Ghaffar, Roha Rehmat

Abstract No.	Title of presentation	Authors
ICPB-23-134	Validating Enright Forgiveness Inventory (Brief Version)	Iffat Batool PhD, Robert Enright PhD, Anam Naeem Govt. College University Lahore
ICPB-23-135	Gender, Age and Culture Based Differences in forgiveness: Scientific Review	Nasreen Akhtar, PhD & Iffat Batool, PhD Govt. College University Lahore
ICPB-23-136	Bullying, Forgiveness and Psychological Well-being in Early Adolescents	Rabail Mustansar& Bushra Naz, PhD Govt. College University Lahore
ICPB-23-137	A Critical Evaluation of Forgiveness Therapy with Islamic Perspective	Muhammad Yunus, and Iffat Batool, PhD Govt. College University Lahore
ICPB-23-138	Forgiveness and Moral Self-Image Among Young Adults	Anam Naeem, Iffat Batool PhD, Shahrukh Tariq Govt. College University Lahore
ICPB-23-139	Translation and adaptation of Enright's Forgiveness Curriculum for Grade V	Hiba Inam; Iffat Batool PhD; Robert Enright, PhD; Anam Naeem Govt. College University Lahore
ICPB-23-140	Rumination, Forgiveness and Self-compassion among Elderly Individuals	Alya & Bushra Naz Govt. College University Lahore

Day 2: March 16, 2023

Symposium: 3-A   Venue: A2   9:30- 11:00 AM

Theme: Peace Building in the 21st Century

Session Chair1: Dr. Inayat Kalim   Session Chair2: Dr. Fatima Sajjad
Session In-charge: Mr. Samar Kamal Fazli   Moderator: Ms. Maryam Jahangir
Facilitators: Farda Asif, Hifza Munir, Wardah Fatima

Abstract No.	Title of presentation	Authors
ICPB-23-120	Peace Building in Afghanistan: Role of the Regional Powers	Dr. Adam Saud, Professor and Dean Social Sciences, Bahria University Islamabad
ICPB-23-121	Peace Building in South Asia: A Critical Analysis	Dr. Manzoor Khan Afridi, Associate Professor/Head of Department of School of Politics and International Relations, International Islamic University, Islamabad
ICPB-23-122	Addressing the Challenges of Peace Building in South Asia	Dr. Saif ur Rehman, Director Army Institute of Military History, Rawalpindi
ICPB-23-123	Role of Social Media in Peace Building: A case Study of Ukrain-Russia War	Dr. Sohail Ahmad, Assistant Professor and Incharge Graduates COMSATS University Islamabad
ICPB-23-124	Role of Education in Peace Building	Dr. Arshad Bashir, Consultant Academics HEC Islamabad
ICPB-23-125	Women's Role in Countering Violence and Building Peace in the Society	Dr. Minhas Majeed, Chairperson Department of International Relations Peshawar University
ICPB-23-126	Counter Terrorism and Peace Building In Pakistan	Dr. Azeem Khalid COMSATS University Islamabad

Symposium: 3-B   **Venue: IRCBM**   **11:00–12:30 PM**
 Theme: Efficacy of CBT as a Mainstream Cognitive Treatment for Psychiatric Disorders"

Session Chair1: Dr. Mirat Gul   Session Chair2: Dr. Imran Sharif
Session In-charge: Mr. Asif Ikram Anjum   Moderator: MS. Huma Yaseen
Facilitators: Shumaila Nawaz, Muhammad Ahtsham Ul Haq, Farda Asif

Abstract No.	Title of presentation	Authors
ICPB-23-202	Borderline Personality Disorder: An Inner Monologue	Hira Khawar-Consultant Clinical Psychologist Umer Hospital, Lahore
ICPB-23-203	Cognitive Behavioral therapy for patient suffering from MDD co-morbid with Borderline personality traits	Areej Khalid & Dr. Mirrat Gul Butt Mayo Hospital, Lahore
ICPB-23-204	Case study of General Personality Disorder Combating with Smoking	Syeda Zamira& Dr. Mirrat Gul Butt NUR University & Mayo Hospital Lahore
ICPB-23-205	Treating FNSD following the principles of Cognitive Behavioral Therapy	Ayesha Sarwar & Dr. Mirrat Gul Butt FCC University & Mayo Hospital
ICPB-23-206	Social Anxiety Disorder co-morbid with Borderline personality Traits: A unique case study	Saadat Sultan & Dr. Mirrat Gul Butt NUR University & Mayo Hospital Lahore
ICPB-23-207	Delusional Disorder with Paranoid Personality Disorder: CBT and it's long term effects	Iqra Arif & Dr. Mirrat Gul Butt CCP, Punjab University & Mayo Hospital Lahore
ICPB-23-208	Obsessive Compulsive Disorder: Diagnosis, Symptoms and Treatment	Sadia Abid & Dr. Mirrat Gul Butt Mayo Hospital Lahore
ICPB-23-209	Effectiveness of CBTp in a 32 years old female	Sayyed Sajjad Gillani & Dr. Mirrat Gul Butt NUR University &Mayo Hospital Lahore
ICPB-23-210	CBT for Functional Neurological Symptom Disorder	Humna Rizwan & Dr. Mirrat Gul Butt FCC University & Mayo Hospital Lahore

Day 2: March 16, 2023

Symposium: 3-C   **Venue: A3**   **9:30- 11:00 AM**

Theme: Social Psychology of Violence

Session Chair1: Dr. Uzma Ashiq   Session Chair2: Dr. Afsheen Gul
Session In-charge: Ms. Ummarah Shaheen   Moderator: Ms. Iffat Khalid
Facilitators: Nadia Ashraf, Wasiqa Aslam, Sajeela Haider

Abstract No.	Title of presentation	Authors
ICPB-23-211	Perceptions Of Wedding Trends and Rituals: A Gender Based Comparative Study	Aziz Fatima Dr. Uzma Ashiq Khan Maryam Zafar LCWU, Lahore
ICPB-23-212	Comparison of Depression Among Married and Unmarried Females Living in Lahore	by Bushra Yousaf and Syeda Maryam Batool LCWU, Lahore
ICPB-23-213	Gender Differences in Post-Retirement Depressive Behavior in Lahore	Hifza Mumtaz, Syeda Maryam Batool, and Sabeen Shakil LCWU, Lahore
ICPB-23-214	Difficulties Faced By Women to Reach Managerial or Higher Positions in Lahore	by Maha Ali and Syeda Maryam Batool LCWU, Lahore
ICPB-23-215	"When a man was a boy" – Upbringing of patriarchal practices	Mahnoor Tariq Samina Riaz
ICPB-23-216	Knowledge About HIV/Aids Among Married People	by Bushra Imtiaz, Syeda Maryam Batool, and Yusra Khalid LCWU, Lahore
ICPB-23-217	Attitudes towards Elderly by Ethnic Youth of Pakistan	Ruhma Perwaiz Dr Uzma Ashiq Khan Maryam Zafar

Day 2: March 16, 2023

Symposium: 3-D   **Venue: A5**   **9:30- 11:00 AM**

Theme: Mental Health and Well-being in Adults

Session Chair1**:** Prof Dr. Memoona Shahid   Session Chair2: Dr. Zarghuna Naseem
Session In-charge: Ms. Maryam Jahangir   Moderator: Ms. Sumaira Saleem
Facilitators: Ghanwa Safdar, Sawaira Aslam, Ruman Jamil

Abstract No.	Title of presentation	Authors
ICPB-23-190	Gender role beliefs and wellbeing/mental health among young adults in Pakistan and the United Kingdom: Testing a multiple moderator model	Mamoona Mushtaq & Richard Oliver de Visser Punjab Higher Education Department University of Sussex, United Kingdom
ICPB-23-191	A study of individual and cultural differences in gender role beliefs and health behaviors in adults of Pakistan and the United Kingdoms	Mamoona Mushtaq & Richard Oliver de Visser PHED, Lahore; University of Sussex, United Kingdom
ICPB-23-192	Love, physique anxiety, and mental health of adults	Sadia Ramzan, Mamoona Mushtaq GOVT. MAO College, Lahore
ICPB-23-193	Perceived parenting style and mental health and psychological well-being in university students: Mediating effects of rumination patterns	Hira Bashir, Dr. Mamoona Mushtaq University of Lahore
ICPB-23-194	Burnout, Job Satisfaction and Subjective Well-being in Teachers Working in Special Education and General Education Schools	Kalsoom Yasin, Dr. Mamoona Mushtaq Riphah International University, Faisalabad Campus
ICPB-23-196	Parental Acceptance-rejection, Executive functioning and Mental health and Well-being in Adolescents	Maqbool Ghaffar, Mamoona Mushtaq GOVT. MAO College, Lahore
ICPB-23-197	Antecedents and Consequences of Mental Health in Transgenders	Aqsa Rehman, Mamoona Mushtaq University of Lahore
ICPB-23-198	Stigma of Disability, Social Phobia, Self-Esteem and Mental Health and Well-Being in Adolescents with Physical Disability	Arfah Ayesha Shahid
ICPB-23-199	Death Anxiety and Well-Being in Doctors During COVID-19: The Explanatory and Boosting Roles of Sleep Quality and Work Locality	Komal Meher, Mamoona Mushtaq Shameem Fatima Riphah International University Lahore CUI, Lahore Campus
ICPB-23-200	Lifestyle factors, social media as social support, individual sensitivity, and OCD in adults after the COVID-19 pandemic	Nabiha Munir Mamoona Mushtaq PHED, Lahore RIPHAH, Lahore
ICPB-23-201	Personality dimensions and psychosocial adjustment and mental health in working women	Wijdan Salsabeel Govt Chuna Mandi College, Lahore Mamoona Mushtaq

Day 2: March 16, 2023

Symposium: 4-B **Venue: A2** **11:00- 12:30 PM**

Theme: Peace of Mind and Well-Being of Students and Teachers

Session Chair1: Prof. Dr. Amna Muazzam Session Chair2: Dr. Manzoor Khan Afridi
Session In-charge: Dr. Tooba Sami Moderator: Ms. Maria Shamim
Facilitators: Nadia Ashraf, Samra Arshad

Abstract No.	Title of presentation	Authors
ICPB-23-153	Religion as a healing resource	Dr. Amina Obaid Khawaja LCWU, Lahore
ICPB-23-154	Social media use, sleep, physical activity and mental health among university students	Zainab Abdul Salam, Zeenat Abdul Wali & Nudra Malik LCWU, Lahore
ICPB-23-155	Development of sleep disturbances scale for children	Aqsa Anees & Maryam Gul LCWU, Lahore
ICPB-23-156	Social media addiction, appearance-based rejection sensitivity and disordered eating behaviors among university students	Hadia Imtiaz and Nudra Malik, LCWU, Lahore
ICPB-23-157	Workplace bullying and physical health of teachers working in higher education institutes	Ambreen Anjum & AminaMuazzam LCWU, Lahore
ICPB-23-158	Alexithymia, poor glycemic control and poor quality of life among type 2 diabetes patients	Zahra Batool & Amna Khawar, LCWU, Lahore
ICPB-23-159	Climate change anxiety, health risk attitude and death anxiety among university students	Kinza Irshad, Zoya Mansoor & Dr. Amna Khawar LCWU, Lahore
ICPB-23-160	Prevalence of polycystic ovary syndrome and its association with stress and life satisfaction among young female university students	Tooba Riaz Chaudry & Dr. Bisma Ejaz LCWU, Lahore

SCIENTIFIC SESSIONS
Day 1: March 15, 2023

SESSION: 1-A   **Venue: A3**   **2:30 –4:00 PM**

Theme: Cooperation and Intergroup Relations: Regional Studies

Guest Talk: *Regional Impact of Sectarian Violence and Role of Afghan Taliban*

Dr Adeel Irfan, Chairperson, School of Peace and Counterterrorism Studies, Minhaj University Lahore

Session Chair1: Dr. Adeel Irfan   Session Chair2: Dr. Fatima Kamran

Session In-charge: Dr. Muneeba Shakil   Moderator: Ms. Samiya Shazad

Facilitators: Anam Farooq, Khadija Zafar, Javeria Saeed

Abstract No.	Title of presentation	Authors
ICPB-23-04	Research on the Clashes on Cultural identity being faced by Pakistani immigrant in America with the reference of Post-colonial novel "An American Brat" by Bapsi Sidhwa	Muntaha Fatima & Dr Asia Nusrat COMSATS University Islamabad, Lahore
ICPB-23-35	Understanding the Impact of SUFI'S Practice for Peacebuilding in Subcontinent: A Research Analysis	Dr Musferah Mehfooz, Maleeha Ather COMSATS University Islamabad, Lahore
ICPB-23-38	Nationalism and Conflict management: Case Study of Neo- Conservative Nationalism in USA messianic interventionism	Riffa Ansari & Zunaira Malik Kinnaird College for Women University, Lahore
ICPB-23-54	Sino-US Neo New Great Game in the Indian Ocean: Implications for Pakistan	Dr Hassan Farooq Mashwani, Minhaj University Lahore
ICPB-23-67	Conflict Resolution: Theoretical and Practical Issues	Brig (R) Rifat Ullah Minhaj University
ICPB-23-70	Ten Billion Trees Tsunami Program: Peace-building and Prevention from the Non-Traditional Security Threat of Climate Change and Water Crisis in Pakistan	Dr. Muhammad Akram Zaheer Lecturer in Political Science informatics Group of colleges Arifwala
ICPB-23-73	Pak-Russia cooperation leads to mitigate nontraditional security threat of energy crisis and to build peace in Pakistan	Gul-i-Ayesha Bhatti Minhaj University, Lahore
ICPB-23-92	Need for a Paradigm Shift: Analysis of Hybrid Approach for Peace Building in Afghanistan under Taliban control	Aliya Talib, Tabita Victor Kinnaird College for Women University, Lahore
ICPB-23-96	A Shift from National security to Human Security: With Special Reference to Pakistan	Dr. Syed Iazaz Ahmad Bukhari Kinnaird College for Women University, Lahore
ICPB-23-184	Establishing Peace Through 'Quiescence' and 'Consented Coercion': An Analysis of Dynamics of Power Politics in Khaled Husseini's The Kite Runner.	Sufia Humayun Govt. Graduate College (W), Gulberg, Lahore

Day 1: March 15, 2023

SESSION: 1-B **Venue: A5** **2:30- 4:00 PM**

Theme: Peace Building: The Role of Media and Art

Session Chair1: Prof. Dr. Najma Najam Session Chair2: Prof. Dr. Abida Ashraf

Session In-charge: Dr. Saima Akhtar Moderator: Ms. Memoona Idrees

Facilitators: Noor Fatima, Ruman Jamil, Wardah Fatima

Abstract No.	Title of presentation	Authors
ICPB-23-08	Interplay between Religion and Politics: An analysis of the association between Politico Religion WhatsApp Statuses and Perceptions of Youth	Dr. Shabana Asghar, Dr. Noshina Saleem, Shehryar Abbasi Departmnet of Media Studies, LCWU
ICPB-23-17	Excessive Use of Social Media and Self-esteem among University Students	Arif Nadeem, Saniya Saddiquee GCU Faisalabad, Pakistan.
ICPB-23-19	Visual Analysis of Public Art Interventions & their Impact for promoting Peace & Tolerance	Sophia Mairaj Malik Department of Art & Design, CUI Lahore
ICPB-23-44	Role of Netflix in Highlighting the Consequences of Bullying Among Teenagers: A Case Study of 13 Reasons Why	Sobia Naseem1, Rabia Naseem2, Hina Naseem3, Seerat Kamal3 1University of Lahore,2UET 3Minhaj University
ICPB-23-48	Impact of Intellectual Humility on Interpersonal Conflicts at Workplace and Narcissism Among Teachers	Inshrah Mukhtar & Misbah Rehman Riphah International University, Lahore
ICPB-23-49	Role of Pakistani Print Media in the Peace building Efforts	Dr. Samira Azmat, Dr. Farhat Nisar COMSATS University Islamabad
ICPB-23-62	The Role of Media in Conflict Management	Adrish Anwar COMSATS University Islamabad
ICPB-23-65	Social Media Paradigm Shift: A Boon or a Curse?	Dr Inayat Kalim, COMSATS University Islamabad, Islamabad Campus
ICPB-23-74	Psychopathy and Bullying Behavior: The Moderating Role of Violent Games	Urooj Miran, Dr Faiqa Yousaf Lahore Garrison University
ICPB-23-94	Impact of Social Media Addiction on Violence and Aggression in Young Adults	Ayesha Waseem , Shazia Aziz, Dr Farzana Ashraf CUI Lahore
ICPB-23-117	Translation and Peace: The Impact of Wrong and Faithful Text Rendering	Shair Ali Khan International Islamic University Islamabad
ICPB-23-182	The Role of Social Media in alleviating conflicts: A case of Israel-Palestine conflict 2021	Maria Jawad Khan COMSATS University Islamabad

Day 1: March 15, 2023

SESSION: 1-C   **Venue: A6**   **2:30- 4:00 PM**

Theme: Role of Literature in Peace Building

Session Chair1: Dr. Sadia Malik   Session Chair2: Prof. Dr. Shabbir Rana
Session In-charge: Dr. Farzana Ashraf   Moderator: Dr. Asia Nusrat
Facilitators: Sajeela Haider, Umair Saleem

Abstract No.	Title of presentation	Authors
ICPB-23-09	Folk Literature & Peace Building: A Debate about Sultan-al-Arifeen's Poetry	Huma Ejaz Musferah Mehfooz
ICPB-23-26	Materialism and Interpersonal Difficulties in University Students	Naila Liaqat & Arif Nadeem Government College University, Faisalabad.
ICPB-23-34	Gender Performativity in Saba Karim Khan: A Butlerian Reading and Radical Feminist Representation of Skyfall	Abouzar Abbas & Dr Asia Nusrat COMSATS University Islamabad, Lahore
ICPB-23-53	Literary Approaches to Peace Promotion	Alia Bashir CUI Islamabad
ICPB-23-57	An exploration of Oedipus Complex in D.H Lawrence's "Sons and Lovers"	Zia Ul Haq & Dr Asia Nusrat COMSATS University Islamabad, Lahore
ICPB-23-91	Literary landscape on peace-humanism nexus: Approaches to peace in postwar literary narratives	Izza Bajwa University College of Art and Design
ICPB-23-93	Effectiveness of Acceptance and Commitment Therapy in Improving Cognitive Fusion and Experiential Avoidance in Depressive Patients	Isra Sarwer & Dr Ayesha Majeed Govt. College University Lahore
ICPB-23-98	Social Taboo: Use of English for Euphemism in Pakistani Films	Zunaira Shabbir & Dr Asia Nusrat COMSATS University Islamabad, Lahore
ICPB-23-101	Escapism in the popular cinema: Linguistic analysis	Sikander Khan Gandapur, Dr. Aasia Nusrat COMSATS University Islamabad Lahore
ICPB-23-102	Representation Of Social Class in The God of Small Things by Arundhati Roy	Usama Waleed & Dr Asia Nusrat COMSATS University Islamabad, Lahore
ICPB-23-116	Power Politics and elselessness in The Golden Legends by Nadeem Aslam.	Ghanwa Parveen & Dr Asia Nusrat COMSATS University Islamabad, Lahore

Day 1: March 15, 2023

SESSION: 2-A   **Venue: A5**   **4:00 - 5:30 PM**

Theme: Intolerance and Extremism: Threats to Peace

Session Chair1: Prof. Dr. Masha Asad Khan   Session Chair2: Dr Shumaila Asad
Session In-charge: Ms. Amna Naveed   Moderator: Ms. Zaeema Farooq
Facilitators: Malaika Nazar, Tehreem Fatima

Abstract No.	Title of presentation	Authors
ICPB-23-06	Rethinking education to counter violent extremism: a critical review of policy and practice	Fatima Waqi Sajjad University of Management and Technology, Lahore, Pakistan
ICPB-23-22	The growing trend of "Extremism" in our society: Causes and Remedies: (A Research study: In the Light of Islamic teaching)	Dr.Irfan Jafar The University of Lahore
ICPB-23-25	War Destroys Business- Evidence from Review Papers	Dr Imran Naseem Abbottabad University of Science and Technology
ICPB-23-46	The Ecology of Biopower: Exploring the Roots of Structural Violence in Laila Halaby's Once in a Promised Land (2007)	Rubab Raza University of the Punjab, Jhelum campus
ICP-CIIT-85	Impact on the Biopsychosocial Wellness of Senior Citizens Residing in Old Homes	Dr. Shakeela Ibrahim & Laraib Mutahira Khan, Laiba Hassan CUI Islamabad
ICPB-23-95	The clash of religious and scientific forces and their underlying ego problem leading to intolerance in the book "The Geometry of God" by U.A Khan.	Muhammad Fahad & Dr Asia Nusrat COMSATS University Islamabad, Lahore
ICPB-23-104	The Role of Islamic Research Institute (IRI) in Promoting Peace and Countering Terrorism: National Narrative of Pakistan	Dr. Muhammad Atif Aslam Rao University of Karachi
ICPB-23-105	Divine Revelation for Religious Tolerance in the Bible and Qur'ān: An Analytical Study	Dr Musferah Mehfooz, Ayesha Ahsan COMSATS University Islamabad, Lahore

SESSION: 2-B   **Venue: A6**   **4:00 - 5:30 PM**

Theme: Law, Peace Education, and Peaceful Personality

Guest Talk: Peace Building through Culture of Lawfulness

Dr. Hadia Awan, Dean, Faculty of Law, University of Central Punjab, Lahore

Session Chair1: Dr. Hadia Awan   Session Chair2: Dr. Adnan Rafiq

Session In-charge: Dr. Rai Zahoor   Moderator: Ms. Hamna Zahid

Facilitators: Waseem Abbas, Nisar Ahmad

Abstract No.	Title of presentation	Authors
ICPB-23-10	Placement of Forensic Psychology in the Legal System of Pakistan	Sumbul Abdul Sattar, Dr Khalida Tanveer Federal Urdu University of Science and Technology
ICPB-23-11	Cognitive Factors as Determinant of Peaceful Personality: Exploring Moderating Role of Harmony	Samia Mateen1, Sara Mehmood1, Motasem Mirza2, Rizwana Amin2 1Bahauddin Zakariya University, Multan, 2Bahria University Lahore
ICPB-23-12	Integrating Peace Education in ESL Instruction: Analyzing Policies, Challenges and Opportunities in Pakistan	Dr. Rabiah Rustam COMSATS University Islamabad, Abbottabad Campus
ICPB-23-13	Perceptions of Teachers about the Use of Humor in Creating Peaceful Environment in English Classroom	Mahnoor Khan & Dr Asia Nusrat COMSATS University Islamabad, Lahore.
ICPB-23-21	Role of Client Dynamics in the Counselors' Therapeutic Competence	Dr. Shakeela Ibrahim, Jaweria Sultan COMSATS University Islamabad, Islamabad Campus
ICPB-23-42	A Legal Study on Child Abuse and Peace Building: Efficacy of Laws in Pakistan to Deter Child Abuse	Amna Rehman1, Muhammad Farooq2, Ali Shouzab3 1Kinnaird College for Women University, Lahore, 2UCP 3University of the Punjab
ICPB-23-50	The Instrumental role of Peace Study Curriculum for Societal Transformations in Religious Seminaries of Pakistan	Huma Ejaz Musferah Mehfooz COMSATS University Lahore
ICPB-23-63	Development of Attitude Scale for Undergraduate Students: A Measure of Being at Peace	Dr Samra Bashir & Dr Sadia Shouqat University of Education, Lahore
ICPB-23-89	Work place bullying, resilience and psychological distress during covid 19 in hospital	Dr. Wizra Saeed, Bisma Abid Bahria University Islamabad Riphah University & Ms. Naseem Irfan, Bahria University Islamabad
ICPB-23-106	Peace Education & Peacebuilding In Mainstream Education System In 21st Century	Dr. Tayyaba Zarif, Dr. Safia Urooj, Dr. Rizwana & Dr. Wahaj Muhammad Khan Shaheed Benazir Bhutto University, University of Karachi

Day 2: March 16, 2023

Online Sessions 9:00 AM – 11:00 AM
Venue: Seminar Room

Session Chair: Prof Dr Ruhi Khalid

Session In charge: Dr Javaria Farooqui
Moderator: Ms Amna Naveed

9:00 – 9:20 AM	**Ms. Anupriya Kukreja,** Executive Committee member, Teachers College, Columbia University; APA Division 48 Topic *:"Non-WEIRD Representation in Social Psychology Literature: Challenges and Avenues for Indo-Pak Intergroup Conflict and Contact Research"*
9:20 – 9:40 AM	**Dr. Muhammad Zeeshan** Topic*: Psychological trauma, Mental peace, Depersonalization and Drug Addiction: Neurobiology, Neuroception and much more.*
9:40 – 10:00 AM	**Dr. Faramarz Asanjarani**, *University of Isfahan, Iran* Topic: *Violence at School: Development of A Measure to Investigate Teachers' Attitude toward Bullying and Cyber-Bullying*
10:00 – 10:20 AM	**Prof. Dr Cristina J. Montiel,** Ateneo de Manila University Topic: *Doing Peace Psychology Research in the Global South*
10:20 – 10:40 AM	**Prof. Dr Feggy Ostrosky**, *National University of Mexico, Mexico.* Topic: *Neurobiology of Violence: Causes and Prevention*
10:40 – 11:00 AM	**Mr. John Darryl,** Executive Director, Educator/Learner, Leader, Developer of Young People, Change Agent, Technologist Topic: Reproductive Rights: Black Infant and Maternal Mortality Rates in the United States—Inaudible Racism?

Day 2: March 16, 2023

SESSION: 3-A   **Venue: A6**   **9:30- 11:00 AM**

Theme: Abuse and Violence: A Threat to Peace and Mental Health

Session Chair1: Prof Dr Saima Dawood   Session Chair2: Dr. Imran Ijaz Haider

Session In-charge: Dr. Sara Khan   Moderator: Ms. Noor-ul-Ain

Facilitators: Maham Sundas, Sawaira Aslam, Ramal Fatima

Abstract No.	Title of presentation	Authors
ICPB 23-24	Exploring the risk factors of Suicide attempters among Young Individuals	Dr. Khalida Tanveer Federal Urdu University of Arts, Science & Technology
ICPB-23-43	Workplace Bullying, Emotional Regulation and Psychological Wellbeing of the Women Working in Sales Profession	Maryam Amjad & Tasneem Rutaba COMSATS University Islamabad, Lahore
ICPB-23-45	The Impact of Child Neglect on Career Decision Making Difficulties and Disruptive Behavior among Adolescents	Farwa Nazir & Ms. Misbah Rehman Riphah International University
ICPB-23-68	Mental Health and Coping Styles of Acid Burn Victims Concerning their Demographic Characteristics	Dr.Muneeba Shakil, Barrira Awan, & Dr. Farzana Ashraf COMSATS University Islamabad, Lahore
ICPB-23-69	Association of Perceived Addiction to Obscene Content with Guilt, Obsession, and Verbal Abuse in Young Adults	Saif Ali, Farzana Ashraf, Shazia Aziz COMSATS University Islamabad, Lahore
ICPB 23-81	Street Harassment and Negative Emotional States in Young Women of Lahore, Pakistan	Muneeba Shakil & Amna Akram COMSATS University Islamabad, Lahore
ICPB-23-97	Causes of Increasing Divorce Rates in Young Adults in Pakistan a Qualitative Study	Khalida Rauf & Muhammad Ahmed Federal Urdu University of Arts, Science & Technology
ICPB-23-103	Exploring Prevalence of teacher's bullying among university students and its coping styles in 21st century	Dr Anila Mukhtar , Dr Safia Urooj, Ms Hafsa Tahir &Ms Sarah Khan Department of psychology University of Karachi
ICPB-23-110	In the Abyss of Structural Violence: Manifestation of Peace Crises in Nemrah Ahmed's Namal	Musfira Tayyab Institute of English Studies University of the Punjab
ICPB-23-119	Exploring prevalence of Teachers' Bullying among University Students and Its Coping Styles in 21st Century	Dr Anila Mukhtar, Dr Safia Urooj, Dr Wahaj Muhammad Khan University of Karachi
ICPB-23-161	Effects of Optimism and Forgiveness on the Quality of Life of The Men Patients Diagnosed with Substance Use Disorder	Aimen Ali & Dr. Wizra Saeed Chaudhary Riphah International University, Faisalabad

SESSION: 4-A   **Venue: A3**   **11:00 -12:30 PM**

Theme: Discrimination and Violence: Minorities and Special Groups

Session Chair1: Dr. Adam Saud   Session Chair2: Dr. Anila Mukhtar
Session In-charge: Dr. Javaria Farooqui   Moderator: Ms. Tooba Ahmad
Facilitators: Muhammad Usama Faheem, Hanzla Anwar, Umair Jameel

Abstract No.	Title of presentation	Authors
ICPB-23-23	Intersectional Stigma, Wellbeing and Living Outcomes in Sex Workers of Lahore	Zaryab Fatima & Farhan Hashmi GCU Lahore
ICPB-23-55	Intergenerational Trauma, Perceived Discrimination, and Social Exclusion amongst Religious Minorities in Pakistan	Hafsa Altaf & Dr. Masha Ahmad Khan Kinnaird college for Women Lahore
ICPB-23-56	Work family conflict, Emotional Dissonance, and Burn out among police personnel	Tayyaba Rasheed & Zunera Tariq IAP University of the Punjab
ICPB-23-66	Criminogenic Thinking Patterns in Incarcerated Offenders: History of Crime Record, General Mental State, and the Role of Negative affect	Shameem Fatima Campus & Faiza Batool COMSATS University Islamabad, Lahore, National University of Modern Languages, Islamabad
ICPB-23-79	Exploring Collective Trauma and Support Needs of Queer Community in Pakistan: A Phenomenological Study	Nayab Imtiaz & Zohaib Ahmed University of Lahore
ICPB-23-88	Sociocultural Pragmatic Markers in Discourses of Drug Addicts: A Discursive Psychological Perspective	Tanzeela Iqbal, Dr Muneeba Shakil, Dr Sara Khan CUI Lahore
ICPB-23-99	A Randomized Controlled Trial of a Forgiveness Intervention Program with Female Acid Attack Survivors in Pakistan	Dr Rabia Iftikhar & Zaineb Haroon GCU Lahore
ICPB-23-107	Educating Forgiveness Therapy in Reducing Anger and Depression in Transgender	Dr. Rabia Iftikhar & Shehreen Asim Govt. College University Lahore

SESSION: 4-B   **11:00 - 12:30 PM**

Theme: Peace Building: Religious Perspectives

Guest Talk: *Conflict Resolution, Peace Building and Mental Health: An Islamic Perspective*
Dr Nyla Anjum, Associate Professor of Psychology/Principal GCWDN

Session Chair1: Dr. Nyla Anjum   Session Chair2: Dr. Yousaf Jamal
Session In-charge: Ms. Samiya Shehzad   Moderator: Ms. Sadaf Fatima
 Facilitators: Kainat Ijaz, Sidra Naz, Maleeha Athar

Abstract No.	Title of presentation	Authors
ICPB-23-16	Conflict Resolution from an Islamic Perspective: A Descriptive Study of Quran and Hadith	Dr. Zainab Sadiq, COMSATS University
ICPB-23-33	Peace of Mind, Solace, and Character Building in Islam	Qazi Ijaz Nabi Sadat Muhammad Usman Ghani International Islamic University
ICPB-23-41	Religion: An origin of Social and mental peace	Muhammad Usman Ghani, Muhammad Zaheer International Islamic University
ICPB-23-60	Efficacy of SALAM Model as an Intervention-Based Conflict Resolution Model	Dr. Sonia Mairaj Ahmad & Wajeeha Nisar Khan University of Central Punjab, Lahore
ICPB-23-76	The Role of Peace in Stability of the Society: A Religious Perspective	Musferah Mehfooz, Kainat Ijaz CUI Lahore
ICPB-23-80	Significant Role of Early Muslim Polities for Safeguarding Places of Worship to Promote Interfaith Harmony & Social Cohesion	Musferah Mehfooz, Wajeeha Nadeem CUI Lahore
ICPB-23-82	Building Peace through Poetry: A Sufi Perspective	Dr. Sardar Muhammad CUI Abbottabad Campus
ICPB-23-100	Conceptualization of Social Capital in Mental Health Context among Adolescents and Adults	Sabeen Shamsher, Dr. Rabia Khawar, Dr. Rizwana Amin, Dr. Imtiaz Ahmad Dogar, Ms Hira Ahmed, Mrs Azra Aziz, Samavia Hussain GCU Faisalabad, Bahria University Islamabad, District Head Quarters and Allied Hospitals, Faisalabad, National Institute of Population Studies, Islamabad

SESSION: 4-C   **Venue: A5**   **11:00- 12:30 PM**

Theme: Religion, Human Rights and Peace

Guest Talk: *Youth as Peace Builders: Enhancing Youth Resilience & Building Peace, Ms. Mubashra Tayyaba*, YPA, Lahore

Session Chair1: Dr. Amina Obaid   Session Chair2: Dr. Amena Zehra Ali
Session In-charge: Ms. Shamana Muddasr   Moderator: Dr. Muneeba Shakil
Facilitators: Hajra Farooq, Usama Shoukat, Mubashra Mukhtar

Abstract No.	Title of presentation	Authors
ICPB-23-18	Conformity in Moral Decision Making	Dr Amena Zehra Ali & Dr Anila Mukhtar Karachi University, Karachi
ICPB-23-02	Human Values in the Light of Islamic Teachings regarding War and Peace: An Applied Research Analysis	M Taha Ibrahim Dehlvi & Hafiz Zakirrullah Uuniversity of Lahore
ICPB-23-03	The concept and scope of service to humanity: An applied study in the light of Seerat un Nabiﷺ	Muhammad Azam Department of Islamic Studies, University of Lahore
ICPB-23-28	A solution to the increasing religious violence in the society in the light of Sirat Tayyaba	Dr. Hafiz Muhammad Ishaq & Jawaria Hanif University of Chakwal
ICPB-23-30	Religiosity, Personal Growth and Social Adjustment in Adults	Muhamad Ibrar & Dr Memoona Mushtaq Govt. MAO College Lahore
ICPB-23-32	Protecting Human Rights and Peace building: A Complex and Dynamic Relationship	Naheeda Ali University of the Punjab
ICPB-23-37	Marital conflicts and Loneliness among Women having Sexually Unfaithful Spouses	Hina Sultan[1], Ghulam Ishaq[2] 1Leads University 2University of Lahore
ICPB-23-61	The Islamic Concept of Human Rights: Strategic Implications and Implementations	Saad Jaffar & Dr Nasir Ali Khan University of Science and Technology, KPK CUI
ICPB-23-83	Religious Orientation, Spirituality and Psychological Wellbeing among Young and Middle-Aged Adults	Dr. Rehana Mushtaq, Prof. Dr. Sayeda Salma Hasan Riphah International University, Lahore, GCU Lahore

Day 2: March 16, 2023
Venue: A6

SESSION: 4-D   **11:00-12:30 PM**

Theme: Religion, Interfaith Harmony, and Peace Building

Session Chair1: Prof. Dr. Sara Shahed   Session Chair2: Dr. Khawar Bilal
Session In-charge: Dr. Musferah Mehfooz   Moderator: Ms. Bareera Saeed
Facilitators: Muhammad Awais Ranjha, Sawera Farooq, Ayeza Akhtar

Abstract No.	Title of presentation	Authors
ICPB-23-14	Religion and Peaceful Society	Dr. Hafiz Atif Iqbal, Govt. Islamia College, Railway Road, Lahore, Pakistan.
ICPB-23-15	Religious Tourism as a Peacebuilding Tool in Pakistan: A Contemporary Paradigm for Interfaith Relations	Dr Sumera Sharif & Aqsa Tasgheer University of Lahore, University of the Punjab
ICPB-23-27	"Unity in diversity", an Islamic Approach to Peaceful Coexistence based on Textual Analysis of the Holy Quran and Sunnah	Shamana Muddassar, CUI, Lahore Campus
ICPB-23-29	Understanding the Role of Prophetic Era for peace Building: Analysis in light of present context	Abdul Waheed Asad University of the Punjab
ICPB-23-40	The role of religion in promoting interfaith harmony and peace	Dr. Syed Mubashir Kazmi University of Lahore
ICPB-23-72	Religious Guidance in Peace Building: Role of Islam In Global Peace Building And Consonance	Mr. Zia Ur Rehman The University of Punjab Lahore Pakistan
ICPB-23-75	Pursuing Mental and Spiritual Wellbeing through Connection to God: Utilizing the Lens of the Holy Quran and Hadith	Iffat Khalid COMSATS University Islamabad, Lahore
ICPB-23-90	Peacebuilding in Society and its Contemporary Requirements in Perspective of Islamic Religion: A Research Study	Dr. S Muhammad Tahir Shah Govt. Graduate College Satellite Town Rawalpindi
ICPB-23-183	Importance and Effects of Interfaith Harmony Among Semitic Religion	Kubra Begum & Mudassir Iqbal

List of Poster Presentations

Poster Judges:
Dr. Nida Zafar, Assistant Professor, LGU, Lahore
Dr. Faiqa Yaseen, Assistant Professor, LGU, Lahore
Facilitators: Ayesha Ahsan, Wajeeha Nadeem

Abstract No.	Title of presentation	Authors
ICPB-23-01	Relationship between Body Image, Self-Esteem, and Self-Acceptance Among University Students – A Qualitative Study	Dr. Shakeela Ibrahim, Ifrah Nisar, Ayesha Altaf COMSATS University Islamabad, Islamabad Campus
ICPB-23-20	To check the impact of Self-oriented Perfectionism on Academic Engagement among University Students.	Nazia Parveen, Dr. Maria Anwar Khan The Women University Multan National University of Modern Languages Multan
ICPB-23-31	Linguistic Pattern in People with Major Depressive Disorder	Maryam Khalid, Dr Muneeba Shakil CUI Lahore
ICPB-23-36	A Post-Colonial study of "A Passage to India"	Ashir Khan, Dr Asia Nusrat COMSATS University Islamabad, Lahore Campus
ICPB-23-39	Internal marketing and student participation: investigating mediating role of supervisor's in role and extra role behaviors	Hasnain Haider COMSATS University Islamabad, Lahore Campus
ICPB-23-47	Social Media Use and Body dissatisfaction among University Students.	Mahnoor Amjad , Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-58	The impact of objectified body consciousness and self-esteem on adults	Rimsha Rehman, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-64	Internet addiction and its effect on mental health	Kinza hameed, Dr Mian Muhammad Farooq COMSATS University Islamabad,

		Lahore Campus
ICPB-23-71	Link of Suicidal Ideation with Tendencies of Corporal Punishment of Children and Intimate Violence	Muhammad Ahtsham Ul Haq, Dr. Farzana Ashraf COMSATS University Islamabad, Lahore Campus
ICPB-23-78	Relationship between Perfectionism, Burnout and Suicidal Ideation among University students	Areej Asif, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-77	Role of social media in increasing Aggression and violence in young adults	Nisha Khan , Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-84	Social Anxiety Effects upon Students Performance	Iqra Sultan, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-86	Exploring Attitude Towards Victim Mentality: A Vignette Study	Haleema Bukhari, Tayyaba Hanif
ICPB-23-87	Resolving Conflict in Universities: Gender Differences in Emotional Empathy and Self-Regulation	Urooj Niaz, Dr Summaya Batool University of Sragodha, Sargodha
ICPB-23-107	Harassment, Social Support, Coping Strategies, and Psychological Well-being in Young Women	Shumesa Rauf, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-108	Depression, Anxiety, and Stress, in Pakistani Juveniles: An Identification of Risk to Mental Health	Muhammad Tahir, Dr Farzana Ashraf COMSATS University Islamabad
ICPB-23-109	Social Interaction Anxiety and Psychological Distress among young adults of Pakistan.	Aima Adil, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-111	Effect of Self-esteem on aggressive behavior among university students.	Maham Anwar, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-112	Examination of aggression level between married and unmarried woman.	Isma Batool, Dr Mian Muhammad Farooq COMSATS University Islamabad,

		Lahore Campus
ICPB-23-113	Cyberbullying/Victimization and psychological adjustments in university students.	Aqeela Fatima, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-114	Effects of Smoking on Cognitive Functioning	Nimra Zubair, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-115	Effect of Workplace bullying on Job performance and Job stress	Hamna Shafique, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-164	Gender differences and Psychological Factors associated with Suicidal Ideation	Aqsa Iftikhar, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus
ICPB-23-165	The protective effect of religion spirituality on mental health and mental illness across adults	Maryam Nawaz, Dr Mian Muhammad Farooq COMSATS University Islamabad, Lahore Campus

Closing Ceremony

12:30 –2:00 PM
Moderator Closing Session: Dr. Muneeba Shakil

12:30 PM	Recitation from the Holy Quran
12:40 PM	Poster Competition: Result Announcement Dr Musferah Mehfooz: Head, Department of Humanities, CUI Lahore
12:50 PM	Address by Chief Guest: Prof Dr Syed Asad Hussain Director, CUI Lahore
1:00 PM	Address: Role of Social Activism and Youth Societies in Peace Building Mr Fareed Ahmad, Chairman Young Psychological Society, Pakistan
1:20 PM	Vote of Thanks: Dr Shameem Fatima Chairperson, Department of Humanities, CUI
1:30 PM	Presentation of Shields and Certificates
1:40 PM	Refreshment

Relationship between Body Image, Self-Esteem, and Self-Acceptance Among University Students – A Qualitative Study

Dr. Shakeela Ibrahim,
Ifrah Nisar, Ayesha Altaf
COMSATS University Islamabad, Islamabad Campus

Abstract

The aim of this study was to examine the relationship between body image, self-esteem, and self-acceptance among university students. Moreover, different demographics like age, gender, birth order, number of siblings, time spent with friends were also included in this study. This study involved 60 participants in which 40 were females and 20 were males. The interviews were taken from university students to check the impact of body image on self-esteem and self-acceptance in university students. The purpose was also to check people's acceptance about themselves when they think that their body image is not good enough like others. Qualitative research method was used in this study. A questionnaire was developed comprising 30 open ended questions in total and those questions were asked from the interviewees during interview. In relation to the outcome of the results body image was confirmed to significantly relate to self-esteem and self-acceptance. Result showed that there was a positive correlation between the images, self-esteem, and self-acceptance. The implications of the findings were discussed and recommendations were made for further studies.

Keywords: body image, self-esteem, self-acceptance

جنگ اور امن کی اسلامی تعلیمات میں انسانی اقدار :

سیرت النبی ﷺ کے تناظر میں ایک تحقیقی واطلاقی تجزیہ

Muhammad Taha Ibrahim Dehlvi

Lecturer, Department of Islamic Studies

The University of Lahore, Lahore

Hafiz Zakirullah

Lecturer, Department of Islamic Studies

The University of Lahore, Lahore

تلخیص:

اسلام ایک عالمی سطح کا الہامی دین اور ایک مکمل ضابطہ حیات ہے جو زندگی کے ہر شعبے میں اپنے ماننے والوں کو ہدایت دیتا ہے۔ اسلام ہمیشہ امن اور ہم آہنگی کی بقاء کے لیے کوشش کرتا ہے، اسلام میں جنگ کی اجازت دین کی بقاء و تحفظ اور اعلائے کلمۃ اللہ کے لئے ہے۔ اسلام ایسی جنگ کی مذمت کرتا ہے جو فتنہ و فساد پر مبنی ہو، لیکن چونکہ عصر حاضر میں جنگ ایک خاص انسانی سرگرمی ہے، تو اس طرح اسلام نے جنگ اور امن دونوں کے لیے مناسب اصولوں کا تعین کیا ہے۔ جنگ اور امن کے بارے میں مسلمانوں کے رویے قرآن اور پیغمبر امن حضور اکرم ﷺ کی تعلیمات پر مبنی ہیں۔ ان تعلیمات کی نمایاں خصوصیت انسانی اقدار کو خاصی اہمیت اور تحفظ دینا ہے۔ اللہ تعالی کی طرف سے انسانوں کو عطا کردہ مختلف نعمتوں میں سے ایک بڑی نعمت 'امن' ہے۔ اگر انسانی زندگی میں یہ نہ ہو تو سارا اسامانِ عیش و راحت بے کار اور بے مزہ ہو جاتا ہے۔ عصر حاضر میں جنگی حالات کی وجہ سے جہاں انسانی زندگی بے معنی اور بے کار ہو جاتی ہے وہیں پر لاکھوں عورتوں، بچوں اور بے گناہوں کی تباہی کا باعث ہوتے ہیں ان حالات میں مکانوں، شہروں، ضروریاتِ زندگی اور غذائی سامانوں کی بربادی کا تو تصور ہی نہیں کیا جا سکتا ہے۔ پھر عالم گیر جنگوں کا مقصد توسیع سلطنت، حصول اقتدار، خود غرضی، اور اجتماعی ضد اور عصبیت کے سوا کچھ نہیں رہا، اسی وجہ سے ان جنگوں میں انسانی اقدار کا تحفظ نہیں کیا گیا۔ جب کہ رسول اللہ صلی اللہ علیہ وسلم اور صحابہ کرام کا مقصدِ جنگ صرف یہ تھا کہ اللہ تعالی کی مخلوق کو اخروی عذاب اور دنیا میں ظلم و ستم سے محفوظ رکھا جا سکے تاکہ انسانیت کی تذلیل نہ ہونے پائے۔ یقیناً یہ اسلام کا ایک بے مثال کارنامہ ہے۔

زیر نظر مقالہ بعنوان ''جنگ اور امن کی اسلامی تعلیمات میں انسانی اقدار : سیرت النبی ﷺ کے تناظر میں ایک تحقیقی و اطلاقی تجزیہ'' میں اسلام کے انسان دوست اصولوں اور جنگ اور امن کی اخلاقیات کا تاریخی تناظر میں تحقیقی و اطلاقی تجزیہ پیش کیا جائے گا۔

کلیدی الفاظ : جنگ، امن، اسلام، انسانی اقدار، اخلاقیات۔

ICPB-23-03
The concept and scope of service to humanity:
An applied study in the light of Seerat un Nabﷺ)

Muhammad Azam
The University Of Lahore

Abstract

The act of loving people and helping the needy is viewed with admiration in every religion and denomination, but Islam has declared the service of humanity to be the best morality and the greatest form of worship. The Allah Almighty has not endowed human beings with the same qualities and attributes but has kept the differences between them, and these differences are the beauty of His infinite color. If the Lord had willed, He would have made everyone beautiful, wealthy, and healthy, but this one color would have been against the dignity of His creation, and the purpose for which He created man might have been lost. There is a test for the one whom the wise and wise Allah has given a lot, and there is a test for the one who has been deprived. Close those whom Allah has blessed with His bounty so that mutual love and affection may be established among human beings and the givers may have Allah's pleasure and forgiveness of sins. The tradition of Muslim Sharif is: "Creatures are God's family and the person who is more beloved to God is more useful to his family". Praise be to Allah, this Lord loves His servants so much that He calls them His family, even though He is the morning and the holy being, He does not need any family at all. There are many ways to serve humanity. Helping widows and orphans, sympathizing with travelers, the needy and the poor and needy, helping the sick, the disabled, prisoners and the afflicted are all works of service to the people and in the broadest sense of the word, empathy for human beings is their May they be saved from the fire of Hell through invitation and preaching and education and training and may they be invited to the pleasure of the Allah and to the straight path. However, in this article, I will only write about ''the concept and scope of service to humanity: in the light of teachings of Islam.
Key Words: service to humanity, religion, social welfare, teachings of Islam.

ICPB-23-04
Research on the clashes on cultural identity being faced by Pakistani immigrant in America with the reference of Post-colonial novel "An American Brat" by Bapsi Sidhwa

Muntaha Fatima, Dr. Aasia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract

Sidhwa (1993) highlight the impact of identity in different cultures due to cultural clashes, in her novel "An American Brat". The aim of the study is to reveal the issues of identity created by cultural conflict and its effect on immigrants. The undertaken study employs the qualitative approach, which utilized extensive methodology based on Bhabha (1994)'s framework. Bhabha's theory of Cultural identity crisis present a split in the identity of colonized, who are hybrid of between their own cultural identity and the colonizer's cultural identity. For the data collection of research, textual line from the novel has been used, Sidhwa (1993) has wonderfully disclosed problem of identity come into contact by immigrants while leaving in a foreign state, due to disagreement with cultural and religion. In the research Bhabha's essay "sign taken for wonders" 1985, Bhabha's book "Orientalism. 1978, Gilroy's theories of cultural identities, 1997 and Sidhwa, "An American Brat", 1993 are widely used, to examine identity crisis of immigrants in foreign land.
Keywords: Cultural clashes, identity crisis, Orientalism

ICPB-23-05
Peace building through Culture of Lawfulness
Dr. Hadia Awan
University of Central Punjab, Lahore

Abstract

Rule of law (RoL) is an end achieved through various means. One of its means is culture of lawfulness (CoL). This paper describes the concept of CoL and how it could be realized. For actualization of the CoL, it is essential to determine whether and to what extent the existing culture is lawful or not. For that, method had to be devised to develop indicators, which was done through the qualitative methodology. By using these indicators, the diagnosis about the health of culture was done. The paper suggests treatment of an ailing or an unlawful culture by means of meaningful education. The paper stresses that through the formal, non-formal and informal methods of education, the culture of unlawfulness could be changed into a CoL. The paper further suggests that by appropriate use of all three methods of education in a synergistical combination is the remedy. The paper concludes that unless harmony exists between all three types of educational methods, no fruitful progress is possible to convert the culture from unlawful to lawful because lack of harmony neutralizes the effect of one method with another.

Keywords: Rule of Law, Culture of lawfulness, Culture of unlawfulness, formal education, non-formal education, informal education.

ICPB-23-06
Rethinking education to counter violent extremism: a critical review of policy and practice

Fatima Waqi Sajjad
University of Management and Technology, Lahore, Pakistan

Abstract

This paper explores the alarming phenomenon of violent extremism in university campuses. It probes *why education fails to prevent violent extremism in this case?* Drawing on Robert Cox's distinction of *problem solving* and *critical theories*, the paper examines policy discourses that aim to prevent violent extremism through education. It is observed that dominant policy discourses take up problem solving approaches to prevent/counter violent extremism and fail to take into account the broader structural violence that feeds extremist ideologies. The counter violent extremism policies largely view education as a means to control thinking rather than develop it. Such policies hinder the development of critical consciousness in students that can provide effective defense against extremism. Hence, there is a need to rethink education to counter extremism. Subsequently, the paper shifts its focus to Pakistan, where education has remained a central concern of counter extremism policies since 9/11. Based on 13 expert interviews, I explore higher education practices in Pakistan from practitioners' perspective. The practitioners point out multiple problems of educational status quo that need to be addressed to counter extremism on campus effectively.

ICPB-23-08
Interplay between Religion and Politics; An analysis of the association between Politico-Religious WhatsApp Statuses and Perceptions of youth

Dr. Shabana Asghar, Dr Noshina Saleem, & Shehryar Abbasi
Lahore College for Women University, Lahore
School of Communication Studies,
University of the Punjab

Abstract

There is an increased trend of using Social media for religious purposes, both by the users and content creators. In societies like Pakistan religion is a fundamental element of socio-political set up. It also is the guiding concept for the constitutional process and governmental system of the country .Several political parties have used religious beliefs for their quest for gaining

governmental authenticity and power and many unfortunate incidents have been witnessed due to religious sensitivity. Increased intolerance due to a number of factors including social media is also an established reality. The study aimed at analyzing the influence/s of politico-religious WhatsApp statuses on religious association or inclination of the users and the effects of this association on the political decision making of the youth. Findings of Survey that collected data from a sample of 1000 users of WhatsApp, showed a strong relationship between politico-religious WhatsApp statuses, religious association of content creators and political decision making scores of users. Beside highlighting the significance of social media as a tool of attitude formation on sensitive issue like politico- religious perceptions, the findings also highlights certain challenges , thus stress the need of media literacy and sensitizing the users. Sensible role of the religious workers while uploading their statuses is also recommended.

ICPB-23-10
Placement of Forensic Psychology in the Legal System of Pakistan

Sumbul Abdul Sattar, Dr. Khalida Tanveer
Federal Urdu University of Science and Technology Abdul Haq Campus

Abstract

This study aims to assess the criminal mindset of convicts via Human figure drawing test and evaluate further how the current status of Pakistan's legal system runs in the absence of psychology and the impact of low involvement of forensic psychology in our legal system. Forensic psychology has evolved remarkably since 2001 when APA initially recognized it even before being acknowledged as a separate field, psychologists throughout history started combining aspects of criminal court proceedings and dealing with eyewitnesses with psychological methods. The forensic approach has expanded a lot globally, yet implementing this branch in Pakistan's criminal justice system is nowhere to be found. Criminal psychopathology has many layers to it that can't be unraveled without the inclusion of psychologists at hand. We collected data from criminals from age 20 to 70 (*n= 30)* through purposive sampling to explore the notoriety in their characteristics and personality state that stems from their behavior. All the drawings were analyzed by the help all valid and non valid indicators which was taken from the literature assessment of human figure drawing by Machover (1960). In the conclusion it was identified from the drawings that prison inmates indeed possessed disturbance in personality with aggression and impulsivity being the personality traits that dominated the data, the study suggests the underlying personality and psychological

imbalance in convicts intensifies the need of forensic psychology in judicial and law enforcement.

Cognitive Factors as Determinant of Peaceful Personality: Exploring Moderating Role of Harmony

Samia Mateen, Sara Mahmood, , Motasem Mirza, & Rizwana Amin,
Bahauddin Zakariya University, Multan
Bahria University, Lahore Campus
Bahria University, Islamabad Campus

Abstract

The purpose of the present study was to explore the moderating effect of harmony in linking cognitive factors (self-control, need for cognition) with inter and intrapersonal peacefulness. A sample of 595 university students was selected through a convenient sampling technique. Participants' mean age was 24.03 of which 284 were males and 311 were females studying in different universities in Multan. Self-Perception Scale (Nelson, 2014a), Interpersonal Peacefulness Scale (Nelson, 2014a), Harmony in Life Scale (Kjell et al., 2013), Need for Cognition Scale (Cacioppo et al., 1996) and Brief Self-Control Scale (Tangney et al., 2004) were used respectively to collect data. Pearson Product Moment Correlation Coefficient was used to assess the relationship among variables through SPSS and PROCESS macro is used to find out the moderating effect of harmony in relation to cognitive variables (self-control, need for cognition) and peaceful personality (intrapersonal and interpersonal peacefulness). Results were computed on SPSS version 23 and PROCESS macro v3.5. Findings revealed that cognitive variables (self-control, need for cognition) have a significant positive correlation with interpersonal peacefulness ($r = 0.599$, $p \leq 0.01^{**}$) and ($r = 0.204$, $p \leq 0.01^{**}$). Harmony in life has a significant positive correlation with peace variables and also with the need for cognition ($r = 0.367$, $p \leq 0.01^{**}$). At ($\beta = -0.0125$, $p < 0.05^*$) showed that harmony is a moderator on the relationship between intrapersonal peacefulness and the need for cognition. At ($\beta = 0.0302$, $p < 0.05^*$) showed that harmony is a moderator between the need for cognition and interpersonal peacefulness. At ($\beta = -0.0439$, $p < 0.05^*$) showed that harmony is a moderator on the relationship of intrapersonal peacefulness and self-control. At ($\beta = 0.0205$, $p < 0.05^*$) showed that harmony is a moderator on the relationship between interpersonal peacefulness and self-control. This study has significant implications for university students. Intrapersonal peacefulness could help as a defense for people with regard to negative self-feelings when facing upsetting social events without feeling overcome with negative feelings. The results help teachers, parents, employers,

and psychotherapists to improve their life. And focus mainly on mental wellness rather than mental illness for university students.

ICPB-23-12
Integrating Peace Education in ESL Instruction: Analyzing Policies, Challenges and Opportunities in Pakistan

Dr. Rabiah Rustam,
COMSATS University Islamabad, Abbottabad Campus

Abstract

Pakistan has been facing plenty of challenges through decades including terrorism, violence, political chaos, natural disasters and economic instability. In order to cope with these challenges Pakistan needs to focus on peace education for peace building. This paper focuses on an important aspect of education that includes English language teaching. English language classrooms can play a significant role in meeting the challenge of peace building by integrating peace education in ESL instruction. Descriptive analysis technique has been used to analyze the data available through libraries, online articles and textbooks. It has been found that there is a need to thoroughly examine the policies, principles, ideals, curricula and actual practices related with peace education. Although, the challenges are manifold but the ESL curriculum designers, teachers and researchers can play a significant role in making ESL classrooms productive enough to contribute towards peace education.

ICPB-23-13
Perceptions of Teachers about the Use of Humor in Creating Peaceful Environment in English Classroom

Mahnoor Khan, Dr. Aasia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract
Humor seems to be an important pedagogical tool implemented by teachers in their methodologies (Garner, 2006). The present research aims to take the perceptions of teachers in order to know the role of humor in English Classrooms. The previous researches of Kosiczky &

Mullen (2013), Nayar. R & Zeeshan. M (2017) and Tait et al (2015) highlight the perceptions of teachers regarding the use of humor. According to them humor helps in language learning and making the learners relax. The present study would take the perceptions of teachers aiming to know whether humor helps in creating a peaceful environment. The researcher has implemented the Instructional Humor Processing Theory to get the perceptions of the teachers. The participants of the study are 5 teachers from the humanities department, at Comsats University Lahore. The instrument to take the Perceptions is the in-depth interviews of the teachers regarding humor. The data is analyzed through the thematic analysis provided by Braun and Clarke (2006). The findings of the perceptions peaceful environment in the classroom, particularly the English language classrooms as the learners belong to the ESL context. The themes that emerged from the perceptions include humor helping in creating a positive class atmosphere and a peaceful environment resulting in learning in a better way.

ICPB-23-14
Religion and Peaceful Society

Dr. Hafiz Atif Iqbal, Govt. Islamia College, Railway Road, Lahore, Pakistan

Abstract
Human society's essential necessities are peace, security, and social stability, so food, clothing, and shelter are equally crucial. However, society needs social stability and peace even more than these, particularly amid diverse religions, beliefs, and speakers of different languages, each with their own distinct culture; the spirit of live and let live will be weakened if it is not adopted. The establishment of peace is the most important aspect of Islam. Islam has stressed peace over economic development. The Quran mentions Hazrat Ibrahim's supplication as follows: "My Lord, make this a City of Peace, and nourish its people with fruits." [Quran, 2:126). Peace is listed first in Hazrat Ibrahim's prayer, followed by economy and nourishment, implying that in order to make a society affluent, it must first be peaceful. However, prosperity and peace are inextricably linked. From an Islamic perspective, the religion of Islam is focused on peace and security. Islam offers a promise of peace. Because Islam abhors violence, killing a human being is considered a crime against humanity. [Quran, 4: 93). This is why the religion of Islam emphasizes the implementation of step-by-step measures to promote peace in society, the most important of which is religious freedom, which has many examples in the Holy Qur'an, for example, when addressing disbelievers that your religion is for you, and my religion is for me. [Quran, 109: 6]. Similarly, there is no compulsion in religion. [Al Quran, 2: 256]. After the foundation of religious liberty, establishing justice and fairness in society is the next most important requirement for societal harmony. The faith of Islam also commanded that justice must not be abandoned because of a nation's animosity. In addition, the protection of moral values,

education, training, etc., are also key components of societal peace. This research will seek to demonstrate the function of religion in establishing peace in society from various perspectives using primary and secondary sources.

ICPB-23-15
Religious Tourism as a Peace building Tool in PakistanA Contemporary Paradigm for Interfaith Relations

Sumera Sharif , Aqsa Tasgheer
The University of Lahore
Institute of Islamic Studies, Govt. Associate College for Women, Bund Road, Lahore

Abstract

Religious tourism signifies the travels to sacred places to meet religious obligations (like pilgrimage) and spiritual requirements. A follower is supposed to get spiritual motivation by visiting the sacred place of his religion. Almost every religion such as Islam, Christianity, Judaism, Hinduism, Sikhism and Buddhism has holy places of its own. Religious tourism has been a significant part of civilizations since ancient times. Pakistan has a rich history that made it the cradle of many civilizations, religions and dynasties. So, houses of worship, Buddhist temples, chapels, gurudwaras and archaeological sites of many civilizations are among the tourist destinations that strongly influence any visitor to Pakistan to attend his religious destination. This article aims to highlight religious tourism in Pakistan as a peace building discourse by applying qualitative and explorative research methods. Pakistan has always been providing its minorities with their basic rights and assisting the followers of different faith in performing religious tours such as Pakistan provided Sikhs with the Kartarpur corridor. Pakistan, as a home to momentous religious and historical places, can play its role for peace building and pave the way to interfaith harmony. Facilitating the followers of different faiths in religious tours can be a highly beneficial strategy for fostering peace and harmony.

Keywords: Religious tourism, Pakistan, Interfaith relations, Harmony, Sustainable

ICPB-23-16
Conflict Resolution from an Islamic Perspective: A Descriptive Study of Quran and Hadith

Dr. Zainab Sadiq
COMSATS University Islamabad

Abstract

In Contemporary times, when the world has turned into a global village, the conflict has become a paramount feature of human life around the world. Due to its pervasiveness, it has been a widely debated topic across disciplines including but not limited to sociology, management sciences, and psychology. Conflict is accepted as providing a basis for diversity within human society within these domains. On the contrary, Islam views peace as the necessary precondition for the creation of a harmonious and stable society and disproves conflict, war, and violence. Acknowledging the significance of peace, this paper attempts to offer an Islamic perspective by focusing on Quranic verses and Prophetic strategies related to the establishment of peace and the ways to resolve conflict. Since this study is qualitative, it relies on the descriptive, analytical and historical research approach.
Key Words: conflict, peace, stability, Islamic perspective

ICPB-23-17
Excessive Use of Social Media and Self-esteem among University Students

Arif Nadeem, Saniya Saddiquee
Government College University, Faisalabad

Abstract

Existing literature reveals that excessive use of social media predicts a lower level of mental health, as well as lower psychological well-being in adolescents (Khan & Singh, 2022), and self-esteem striving, may have important implications for peace processes (Chatard et al., 2011). Therefore, the current cross-sectional study was designed to determine the association between excessive use of social media and self-esteem in Pakistani university students. A sample of 300 BS and MS students was selected randomly from a public sector university in Faisalabad city, Pakistan. Social Networking Addiction Scale (SNAS) by Shahnawaz and Rehman (2020), and Rosenberg Self-esteem Scale (RSE) by Rosenberg (1965) were used to assess social networking addiction, and self-esteem of university students respectively. For data analysis, the Pearson

product-moment correlation, regression analysis, and t-test were carried out using Statistical Package for Social Sciences (SPSS). The findings of the study revealed an inverse relationship between excessive use of social media and self-esteem among the participants. Thus, the concerned stakeholders should devise programs targeting the excessive usage of social media which might be a risk factor for low self-esteem in adolescents and young adults.

*Keywords***:** Excessive Use of Social Media, Self-esteem, Adolescents, Young Adults, University Students

ICPB-23-18
Conformity in Moral Decision Making

Dr Anila Mukhtar, Dr Amena Zehra Ali
University of Karachi

Abstract

What we feel to be ethically or morally permissible is very much influenced by what people at large approve of. To test this, an experiment was conducted in two parts. Initially, forty short stories containing moral dilemmas (Greene et al., 2008) were given to a sample of 201 participants with ages 18- 35 years (5 stories each), to select stories based on (a) consensus on whether the act is permissible or not and (b) whether it was easy for participants to view themselves in those situations. Twelve stories were selected to be administered in the main study on another sample of 26 participants with ages 19-26 years (M=21.58, SD=2.08). The controlled group participants (N=14) were required to read each story individually and mark on a 7-point rating scale whether they thought the act in the story is permissible or not. In the experimental group, the same stories were presented loudly to the participants (N=12) in the presence of 4 confederates, who unanimously gave answers different from the initial consensus developed on the stories (in the pilot study). The participants were instructed to give their rating out loud on the same 7-point scale. The results showed significant differences in the responses in the experimental and controlled conditions thereby showing conformity behavior. It was concluded that conformity plays a vital role in decision making and therefore people's behavior could be trained positively towards peace building.
Key words: Morality, Conformity, Decision making, Peace building

ICPB-23-19
Visual Analysis of Public Art Interventions & their Impact for promoting Peace & Tolerance

Sophia Mairaj Malik
Department of Art & Design, COMSATS University Islamabad, Lahore Campus

Abstract

Art is a very powerful tool for conflict resolutions, especially when verbal communication fails during negotiation and mediation processes. Art fosters and encourages an open dialogue and expression of empathy during conflicts and helps unify social groups and enhances mutual respect and acceptance. This paper is focused on providing a visual analysis of recent art works in Pakistan, specifically focusing on the use of art in public domains and open area exhibits. Methodology included two phases, in the first phase a pool of art work of Pakistani artists was chosen and from it selected art works were sorted. In the second phase these art works were analyzed for content and visual documentation. The analyses resulted in projection of themes related to conflicts, terrorism, war and hate along with purposeful inculcation of expressions of peace, tolerance, love, unification and brotherhood. Some art works also focused on marginalized and oppressed groups and identified their presence, core issues and contributions to society. The implications of this research provide evidence of art as direct intervention with society as a contributor to identifying conflicts and promoting peace, harmony and unification. This research will highlight the works of Pakistani artists and is a documentation of their narrative, artist statement and philosophy as represented through their art work.
Keywords. Art, Public Art, Art Therapy, Pakistani artists, conflict negotiation, art for peace

ICPB-23-20
To check the impact of Self-oriented Perfectionism on Academic Engagement among University Students.

Nazia Parveen, Dr.Maria Anwar Khan ,
The Women University
National University of Modern Languages

Abstract

The study explained the relationship between Self-oriented perfectionism on Academic engagement among university students. The sample consisted of 106 participants with the age range of 18-30years (M=25, SD=1.96).The self-oriented perfectionism scale (Hewitt & Flett, 1991) and academic engagement scales (Fridrickson, 2004) were used. Results were analyzed through SPSS 23.0version. The current study results showed that a significant impact of self-oriented perfectionism on academic engagement among university students. There would be a significant impact of subscale of emotional engagement on academic engagement among university students. This study would be useful to raise awareness among students, teachers, parents, and consultants regarding academic engagement through self-oriented perfectionism.

Keyword: Self -oriented, Perfectionism, Performance, Academic engagement,

ICPB-23-22
The growing trend of "Extremism" in our society: Causes and Remedies (A Research study: In the Light of Islamic teaching)

Dr.Irfan Jafar
The University of Lahore, Lahore

Abstract
Islām is the religion of peace and security. It teaches moderation in every aspect of life. Islām presents a detailed law of life so that man can avoid chaos and establish his individual and collective life based on moderation and balance. Extremism has nothing to do with any religion. May be part of the nature of Islam condemns any attitude or thought that has extremist thinking in different religious and political classes living in the world. Extremism is the ideology that paves the way for oppression, disunity and terrorism. The security of humanity is not possible unless terrorism and extremism are eradicated. There are many reasons for the existence of extremism, including injustice, oppression, poverty and unemployment, bigotry and egoism, armed aggression, desecration of Islamic rites and ignorance. In order to eradicate extremism, it is necessary to create a society keeping in view the Sirah-eTaiba of the Holy Prophet صلى الله وسلم عليه , which will have to create such qualities as breadth of thought, respect for humanity in thought and vision and respect for humanity. Interfaith harmony and interfaith tolerance must be demonstrated. Religious and professional, political and social and economic and social differences must be resolved with patience and moderation. The culture of tolerance, forgiveness, unity, empathy, humanitarian service and equality must be inculcated in one's words, deeds and actions so that oppression, hatred, inequality, injustice, extremism and terrorism will be eradicated from the society. By ending, the great duty of service to humanity

can be relieved. In the article under review, "Elimination of Obstacles to the Service of Humanity (in the light of Sirat-un-Nabi)" is a study of the factors and causes, which are playing an important role in the promotion of extremism. In addition, in the light of Sirah of the Prophetﷺ و سلم علیه اللہ صلی, the remedy and solution of these causes have been presented.

Keywords: Extremism, service to humanity, armed aggression, interfaith harmony, tolerance.

ICPB-23-23
Intersectional Stigma, Wellbeing and Living Outcomes in Sex Workers of Lahore

Zaryab Fatima, Farhan Hashmi
Government College University, Lahore

Abstract

The present study was aimed to identify and explore the experiences of intersectional stigma among female sex workers in Lahore and its effects on their wellbeing and living outcomes. Non-probability sampling technique, purposive sampling was used to recruit the participants. The sample of the study consisted of (N=5) female sex workers aged 20-30 years, from brothels in red light area, Lahore. A semi-structured interview protocol was established to get insights into their lived experiences with stigma and its effects on the lives of these sex workers. The interviews were audio-recorded after their consent and later on transcribed verbatim for a detailed in-depth analysis. The interviews were analyzed by using an Interpretative Phenomenological Analysis (IPA). Emergent and sub-ordinate themes were generated. Super-ordinate themes emerged after analysis were ostracism, gender discrimination, effects on mental health, social challenges, financial issues, spirituality and feeling of community. The generated themes were then interpreted in relation to the sub-ordinate themes and verbatim of the participants. This study will help to bring individual level change as well as bolster activism, philanthropic and policy level change in terms of improving treatment of the sex workers in the Pakistani context.

Key words: Intersectional stigma, female sex workers, wellbeing, living outcomes.

ICPB-23-24
Exploring the risk factors of suicide attempters among young individuals

Dr. Khalida Tanweer
Federal Urdu University of Arts, Science & Technology, Islamabad

Abstract

Suicide has been described as the act of intentionally ending one's own life. Suicide is one of the leading causes of death and major public health concern. The present study was designed to examine the potential causes of suicidal acts through qualitative research design. Sample includes 30 individuals admitted in Jinnah hospital who attempted suicide were selected by purposive sampling and the data were gathered by qualitative semi-structured individual interviews. Data were analyzed by conventional approach of qualitative content analysis. Results indicate four main themes emerged from this current study which includes family factors, social factors, environmental factors and individual factors which lead to suicide attempts. These results have important implications for the prevention of suicide. Psychological clinics and prevention programs should include these factors in their assessment.
Key words: Suicide, Suicide attempt, Suicidal ideation, Self-harm, Suicidal behaviours, risk factors

ICPB-23-25
War Destroys Business- Evidence from Review Papers

Dr Imran Naseem
Abbottabad University of Science and Technology

Abstract

The study takes on the economic aspects of war. Exploring the literature to find any systematic explanation of war and business complexity we found a dire need to devise a framework for comprehensive evidence. The study covered all studies from around the globe without any barriers to geography or time in terms of event occurrence though selected literature comes from recent and quality publications. Since literature does not provide any mechanism to understand the complex and dynamic relationship between war and business, this study proposes a framework to understand these dynamics and invites the attention of the scholars to invest time and energy in analyzing the proposed framework for studying different aspects of the war and business relationship. Realizing the complex and dynamic nature of the variables, we assume

that every unique combination would have a different outcome. An empirical investigation based on the proposed framework would add to its refinement.

Keywords: War, Business, Framework, Systematic Literature Review

ICPB-23-26

Materialism and Interpersonal Difficulties in University Students

Naila Liaqat, Arif Nadeem

Government College University, Faisalabad

Abstract

The existing empirical literature depicts that materialistic cues might have a higher negative effect on interpersonal well-being (Moldes & Ku, 2020), and disturbed interpersonal relationships predict poorer peace of mind (Estrellado & Loh, 2019). Therefore, the current cross-sectional research was planned to examine the association between materialism and interpersonal difficulties in university students. A sample of 300 BS and MS students (both men & women) was selected through stratified random sampling from a public sector university in Faisalabad city, Pakistan. Material Value Scale (MVS) by Richins and Dawson (2004) and Interpersonal Difficulties Scale (Saleem et al., 2014) were used for data collection. The Pearson product moment correlation, regression analysis, and t-test were carried out using Statistical Package for Social Sciences (SPSS). The findings suggested a significant positive association between materialism and interpersonal difficulties, as well as materialism, was found to be a significant predictor of interpersonal difficulties in young adults. Results are further discussed in terms of gender differences and implications are given based on the indigenous cultural context.

*Keywords***:** Materialism, Interpersonal Difficulties, Youth, Gender, University Students

ICPB-23-27
"Unity in diversity", an Islamic Approach to Peaceful Coexistence based on Textual Analysis of the Holy Quran and Sunnah

Shamana Muddassar

COMSATS University Islamabad, Lahore Campus

Abstract

Historical records bear witness that human beings have always been expressing difference of thoughts, ideas and opinions stemming out of their being from diverse cultures, languages, colours, ideologies, religions, sects, classes, ethnicities and races. These differences of opinions and thoughts have often been resulting in poignant disputes, conflicts, and hostilities throughout the ages, due to unavailability of any workable solutions in this regard. Islam being a way of life explicitly acknowledges the possibility of all such socio-politico-religious differences as both natural and universal phenomenon. It thus, poses the idea of "Unity in Diversity", a practical solution to peaceful coexistence of individuals and groups even staying affixed to diverse ideas and opinions. The article unveils the afore mentioned approach through the textual analysis of the Holy Quran and Sunnah. It presents a standardized code of conduct that can ensure peaceful coexistence despite all the differences and disagreements.

*Keywords***:** Unity, Diversity, Islam, peaceful Coexistence, Holy Quran, Sunnah

ICPB-23-28
A Solution to the Increasing Religious Violence in the Society In The Light Of Sirat Tayyaba

Dr. Hafiz Muhammad Ishaq, Jawaria Hanif
University of Chakwal

Abstract

In today's age, where humans have become closer to each other on the basis of technology, it is also known that distances have also been created between humans. There are many reasons for hatred, violence and lack of love in society. One of the main reasons is the distance from religion in the society as well as the birth of religious extremism. The division of religion has given rise to the seeds of hatred between people. Islam is the religion of peace. The Holy Prophet ordered mutual tolerance with all religions and religions. When the Holy Prophet came to Medina after the migration, he extended the hand of love to the Jews and laid the foundation of the Treaty of Medina. When the Holy Prophet came to Medina after the migration, he extended the hand of love to the Jews and laid the foundation of the Treaty of Medina. Islamic teachings not only recognized the civil rights of non-Muslims but also gave them the right to worship with religious freedom in an Islamic state. When we look closely at the society of Pakistan, it is known that in

Pakistan where sectarian differences have gone beyond debates and reached the point of war, then the violence against the minority classes has also reached a dangerous level. Therefore, it is necessary to put an end to the increasing religious violence in the society in the light of the Prophet's life.

ICPB-23-29
Understanding the Role of Prophetic Era for peace Building: Analysis in light of present context

Abdul Waheed Asad,
University of the Punjab

Abstract

When the Holy Prophet (PBUH) came to Madinah, he made many efforts to establish peace. The Mawakhat Madinah was established between the leading Muslims, and the treaty of Madinah was made to establish relations with the Jews and various tribes. The steps were taken to maintain friendly relations with are noteworthy. The circumstances and events of the Peace of Hudaybiyah and the Conquest of Makkah are also a link in this chain. Letters to various princes and kings and allowing people of different religions to worship in the Prophet's Mosque are also a part of this. What would be required to us as a follower is to build peace in the current world by following Seerah Nabi SAW. In many countries of the world, Muslims are living as a minority and they are being given all the facilities equal to other citizens. To see what one should do to maintain peace and how one should try to make oneself a good member of the society, Mukhi Aswah Hasna will help.

ICPB-23-30
Religiosity, Personal Growth and Social Adjustment in Adults

Muhamad Ibrar & Dr. Memoona Mushtaq,
Govt. MAO College Lahore

Abstract

The purpose of the current study was to explore the correlation between religiosity, personal growth and social adjustment in adults. For this purpose, the sample of 300 adults was taken

from public sectors through the purposive sampling technique. To conduct this research, three scales were used. Psychological Measure of Islamic Religiousness (Abu Raiya, 2008), Personal Growth Initiative Scale (Robitschek, C. 1998), and Social Adjustment Scale (Weissman, 1976). The finding of this research is that there was significant positive relationship between religiosity and personal growth and social adjustment and religiosity predicted the personal growth and social adjustment and there was significant difference between religiosity, personal growth and social adjustment. The study is helpful to religiosity understanding and its effect on the population.

ICPB-23-31
Linguistic Pattern in People with Major Depressive Disorder

Maryam Khalid, Dr Sara Khan, & Dr Muneeba Shakil
COMSATS University Islamabad, Lahore

Abstract

Language is the main part of our communication. A recent shift of focus on using language as a predictor of some diseases has been made. It is believed that people have a change in language when their brain chemistry alters like in depression. To explore this, an indigenous phenomenological study was done on people suffering from moderate level of Major Depressive Disorder. The study included 6 participants (3 males and 3 females). Means for data collection were the semi-structured interviews and they were analyzed through the Interpretative Phenomenological Framework (IPA) Analysis technique. The results indicated the emergence of two main themes that were the superordinate themes consisting of self-consciousness and attitude towards life and had subordinate themes like excessed use of pronouns, metaphors, adjectives as metaphors, and complex sentences among others. Thus, an appropriate knowledge in this regard can help the clinicians and healthcare practitioners in their respective fields to access the early symptomology in the course of depression.

Keywords: Major Depressive Disorder, Self-consciousness, Attitude towards life, Metaphors, Pronouns, Complex Sentences.

ICPB-23-32

Protecting Human Rights and Peace Building: A Complex and Dynamic Relationship

Naheeda Ali
University of the Punjab, Department of Law, Gujranwala Campus

Abstract

The subject of the relationship between human rights and peace building has been at the forefront of academic, policy, and practitioner discourse since the 1990s. In recent years, it has gained momentum as a result of the realization in many policy statements that human rights, peace, and development are interconnected and that practical actions should be based on these connections. In reality, a certain blurring of these areas' borders may be noticed. To date, however, experience has shown that connecting human rights and peace building successfully is frequently easier said than done, in part because efforts in the two domains may both complement and contradict one another. This essay serves as the introduction to a special issue of the Journal of Human Rights Practice devoted to human rights and peace building. It describes the larger legal framework in which human rights and peace building are discussed, as well as the significance of interacting with discourses and policies pertaining to state building and development aid. These influence the understanding and execution of human rights and peace building independently and in connection to one another, both internationally and within particular country contexts. To date, they have been seldom examined openly with regard to the intersection between human rights and peace building. The article clarifies the use of key concepts and discusses three implications of the close relationship between human rights violations and violent conflict, thereby establishing the foundation for a collection of law and policy and practice notes on the connection between human rights and peace building. This study is based on qualitative research. We will analyse statutes, local and international laws, protocols, conventions, treaties and reports for the accomplishment of this work.

Key Words: Human rights violations; Peace building; legal framework, legal conflict.

ICPB-23-33
Peace of Mind, Solace, and Character Building in Islam

Qazi Ijaz Nabi Sadat & Muhammad Usman Ghani,
International Islamic University
Abstract

Islam is in fact one of the world's most rapidly disseminating religion on the globe due to its fascinating teachings of justice, equality, impartiality, meditation, probity in conducts, and love

and peace among human beings. It is axiomatically a religion of peace, harmony, humanity, and morality as well. The present study critically dissects the teaching and methodology of Islam which make an individual as well as a society to be more immaculate and perfect. An endeavor has been made to scrupulously discuss the fortes and idiosyncrasies of prayers, *azkaar* and *aurad* which played a paramount role in the character building of an individual. Moreover, the same aforementioned Islamic practices played a pivotal role to resolve the tension, anxiety, depression and mental illness. Additionally, the regular and meticulous study of life and teachings of Holy Prophet Muhammad PBUH categorically casts profound impacts own one's attitude and thinking. In this regards an effort has also been made to present some appropriate incidents and traditions of Holy Prophet Muhammad PBUH which corroborates my argument.

ICPB-23-34
Gender Performativity in Saba Karim Khan: A Butlerian Reading and Radical Feminist Representation of Skyfall

Abouzar Abbas, Dr. Aasia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract

In this qualitative descriptive research, the issue of patriarchal supremacy in Anglophone Pakistani English literature is probed. My study attempted to read across the text to find thematic links and parallels that illustrate the comprehensive miserable portrayal of women in Pakistani culture assembled by Pakistani writers. This research is a radical feminist reading of Skyfall by Saba Karim khan which exposes the plight of women in Pakistani society. In comparison to other forms of injustice, radical feminism views sexual oppression as the most fundamental aspect of society. Radical feminists emphasize how patriarchy contributes to sexual oppression. It is a feminist philosophy that aims to undermine established gender roles and patriarchal power structures. It demands a racial reorganization of society in which male supremacy is abolished in all spheres of existence. This paper will also utilize Butler's theory of performativity and insights from feminist film theory and women's history in Pakistan. The aim is to critique and evaluate women's representation in Pakistani popular cultural texts and to engage with the politics of gender in Pakistan. The purpose of this study is to examine the position of women in patriarchy that subjects them to many cultural mystifications and religious stereotypes, and to explain how gender is constructed through their repetitive performance.

ICPB-23-36
A Post-Colonial study of "A Passage to India"

Ashir khan, Dr. Aasia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract

Critics and writers from both the colonial and postcolonial eras have paid a lot of attention to how the colonialists portrayed the cultures and societies they took over. When colonialists talk and write, they tend to make Europeans and European culture seem like the norm. The colonized difference is shown as something missing or wrong. British writers and critics, who were influenced by Orientalist ideas, portrayed their own race and culture as better than that of the Indians, making the Indians seem like a less important other. In A Passage to India, E.M. Forster shows how colonialists thought that the white race and its culture were better and that India and its people were inferior. The goal of this study was to look at how the colonialist ideology worked in A Passage to India. The goal was to show that Forster was trying to reinforce the colonialist ideology of supremacy by showing India and Indians as stereotypes and as people and a culture on the margins. The study also wanted to look at the relationship between imperialism and culture, as well as how the Indians' identities changed as a result of imitation and mixing of cultures. The study was based on an analysis of the novel's text using Postcolonial theories as a guide. The study found that A Passage to India, like all imperial discourses, gave Europe and European values and ideas more importance than the Indians and their culture. The Indians and their culture were portrayed as inferior and less important. Critics and writers from both the colonial and postcolonial eras have paid a lot of attention to how the colonialists portrayed the cultures and societies they took over. The colonized difference is shown as something missing or wrong. British writers and critics, who were influenced by Orientalist ideas, portrayed their own race and culture as better than that of the Indians, making the Indians seem like a less important other.
*Keywords***:** Colonialism, post colonialism, India, orientalism, stereotypes.

Marital conflicts and Loneliness among Women having Sexually Unfaithful Spouses

Hina Sultan, Ghulam Ishaq
Department of Psychology, Lahore Leads University
Lahore School of Professional Studies, University of Lahore

Abstract

Sexual betrayal is one of the most painful relationships wounds a marriage can endure. So, the basic aim of the current study was to examine that women have marital conflicts and feel lonely after being sexually betrayed by their spouses. Also, the impact of working status of women, number of children, and marital duration was studied. For this, correlational research design was adopted. a convenient sample of 150 women belonged to age group 20-50 years was taken. a screening question was developed to confirm form women that they have experienced sexual betrayal by their spouses or not. Following ethical procedures, women were asked to fill out consent form, demographic form along three structured questionnaires. Results showed that three types of sexual betrayal were more prevalent like husbands' involvement in illegal sexual affairs, husbands having second marriage, and husbands' non-cooperative attitude in case of wives' sexual problems like menopause. Results of correlation analysis showed that sexual betrayal was associated with increased marital conflicts like decreased coordination, decreased sex, decreased financial trust etc. Women also reported social isolation and loneliness especially those having menopause. Thus, the study concluded that disloyalty in relationship ends up in greater marital conflicts and develop psychological problems in women. In Pakistani society, such type of private matters is often not discussed. So, researchers, parents, and family therapists should play an important role in addressing and overcoming such notorious matters.
Keyword: Sexual betrayal by spouse, marital conflicts, loneliness

Nationalism and Conflict management: Case Study of Neo- Conservative Nationalism in USA messianic interventionism

Riffa Ansari & Zunaira Malik,
Kinnaird College for Women University, Lahore

Abstract

Both established and rising powers in international system tend to project divergent conflict resolution or management approaches. Their conflict resolution mechanisms which often reflect

the commutation of their foreign policy choices/ priorities hold different potentialities for management of conflicts. The conflict management approaches which they employ to shape international security often manifests nationalist tinge for instance neo- conservative nationalism in US messianic interventionism and style of conflict resolution. This is the least debated issue when it comes to deliberations and debates on conflict management by major powers. This research paper in first half traces analogy in between nationalism narratives in conflict management approaches of great powers. In the second half this research paper delves into the way modern – civic nationalist narratives often guide the conflict management approaches of great powers and particularly USA. Neo- Conservative nationalism in US often play a major role not only in foreign policy but also the conflict management strategies. How USA use elements of moral realism, unilateral promotion of self-determination/ functional democracy, preventive engagement strategy engage itself in global Peace building efforts and shaping international security. Through comparative analysis of USA conflict management in Iraq and Afghanistan is being conversed in the last part of this paper.

Key words: Conflict management, neo conservatism, functional democracy, peace- building, international security

Internal Marketing and Student Participation: Investigating Mediating Role of Supervisor's In Role and Extra Role Behaviors

Hasnain Haider
COMSATS University Islamabad, Lahore Campus

Abstract

Internal Marketing is known in extant literature as a method to enhance behavioral Competencies of front line employees in providing services to clients and front line employees' behaviors, in turn shape the customer related outcomes including customer's Participation. This study in particular, determines the relationship of Internal Marketing with Student's Participation through mediating role of Supervisor's in role and Extra role behaviors. This framework is conceptualized through the philosophical lens of Social Exchange Theory in the context of higher education in Punjab, Pakistan. Dyadic data of 200 Supervisors and 200 of their respective students is analyzed for this research. A self-Administered instrument is used in convenience sampling method to collect data. Analysis of data is done using SPSS 20 and PLS software. Results show that Internal Marketing affects Student Participation through mediating role of both in role and extra role behaviors of Supervisors. These results provide useful managerial implications for both Supervisors and University Management and presents managerial

directions for Management to successfully apply Internal Marketing to enhance behavioral competencies of Supervisors in order to enable student cooperation and co-production behaviors.

ICPB-23-40
The Role of Religions in Promoting Interfaith Harmony and Peace (An Explorative Study)

Dr. Syed Mubashir kazmi
The University of Lahore

Abstract

Since the dawn of time, humanity has always yearned for peace, but in the modern era, its significance and reach have multiplied. As the word peace has no universally accepted definition, some define it as tranquility or quiet, deviation from conflict, absence of war, harmony and orderliness, and reconciliation following violence. Religion, which has been defined as "a system of beliefs concerning the cause, nature, and purpose of life and the cosmos, especially when seen as the creation of a supernatural agency," is fundamental to the existence of nearly every community. The major religions of the world always preached brotherhood and called for interfaith harmony. The Semitic religions, such as Judaism, Christianity, and Islam, which share the fundamental ideas of Monotheism, Prophets, and Life after Death, define peace as the rewards to be received in the hereafter. In contrast, almost all Aryan religions, such as Hinduism, Buddhism, and Jainism, place a high value on nonviolence, or ahimsa. Religions typically include a set of moral principles that address how people should conduct themselves, although men aren't always as moral as they claim to be. This paper aims to evaluate sacred writings from the "Major World Religions" from the perspective of peace; their ethical precepts for conflict; as well as the strategies to reach this goal. The paper makes the case that religions will have to take responsibility to step forward to improve the world by encouraging tolerance, participating in interreligious conversations, and developing a plan to resolve problems so that peace can be reaped with time and wisdom.

ICPB-23-41
Religion: A Guide to Social and Mental Peace

Muhammad Usman Ghani, Muhammad Zaheer
International Islamic University Islamabad
AL Hamd Islamic University Islamabad

Abstract

Everybody on the planet is searching for serenity. Looking for serenity man looks for various ways. One more significant element with serenity is peace. A general public wherein there is peace and serenity is viewed as the best society. Religion is the justification for interfacing the individuals from any general public. This religion gives individuals an ideology, and a thought in which people believe. These realities meaningfully affect the inward feeling of serenity of an individual. Realities show that strict connection wipes out the desire for dependence and self-destruction from the inside. Furthermore, it gives true serenity to an individual, then every individual is joined to a religion and once in a while the component of viciousness is likewise made in it to build this peace and harmony. This religion associates man with society exclusively and by and large. This peace is likewise given the name of spirituality. In the article being discussed about, we will examine with principles of research about religion by referencing its characteristics.

Key Words: Religion, Mental Peace, Social Peace

ICPB-23-42
A Legal Study on Child Abuse And Peace Building - Efficacy Of Laws In Pakistan to Deter Child Abuse

Amna Rehman, Muhammad Farooq & Ali Shouzab
Kinnaird College for Women University, Lahore
University of Central Punjab, Lahore
University Law College, University of the Punjab, Lahore

Abstract

Children in Pakistan are vulnerable to many forms of abuse and exploitation; including child labor, under aged marriages and sexual abuse, which contribute negatively towards the peace building in society as a whole. Several socio-cultural and legal hindrances in Pakistan have eventuated in suggesting negligence at the part of state to cater child abuse in a constructive manner. Under qualitative research methodology, this paper tends to examine the role of child protection laws in Pakistan in peace building on the yardsticks of adequacy of the relevant laws/judicial decisions and adherence to international commitments of Pakistan towards child protection and abuse. It also aims to highlight the forms of abuse suffered by children in Pakistan and to deliberate on the socio-legal factors contributing to such abuse. Identification of problems as to the flaws in the legal framework that hinder peace building and deterrence of such abuse, as

well as suggestions as to adoption of pragmatic legislative and social measures for that matter, shall be the ultimate object of this paper for purposes of peace building.

ICPB-23-43
Workplace Bullying, Emotional Regulation and Psychological Wellbeing of the Women Working in Sales Profession

Maryam Amjad, Tasneem Rutaba
COMSATS University Islamabad, Lahore Campus

Abstract

The study aimed to evaluate the relationship of workplace bullying, emotional regulation and psychological wellbeing of women working in sales profession in Pakistan. The study sample comprised of 156 women with age range 16-35 years. Cross sectional research design was used to collect data by visiting different malls and stores of Lahore by using convenient sampling technique. Workplace Bullying Scale (WBS; Anjum & Moazzam, 2019), Emotional Regulation Questionnaire (ERQ; Fatima & Shahid, 2020) and Mental Health Inventory (MHI; Khan et al., 2017) were used in this study. The results supported the hypotheses of the study. Significant relationships of all three variables were found through Pearson's correlation. Workplace bullying has significantly strong negative correlation with psychological wellbeing, expressive suppression and cognitive reappraisal in emotional regulation. Regression analysis depicts both variables as significant predictors of psychological wellbeing (P<0.001), indicating workplace bullying a negative predictor of psychological wellbeing (R=.73, R2 = .53, β=-.73). However, cognitive reappraisal turned out to be a positive predictor of psychological wellbeing (R=.55, R2=.29, β = .22) whereas, expressive suppression is a negative predictor of psychological wellbeing(R=.55, R2 =.29, β = -.39). Implications of the study are further discussed in the light of the findings.

*Keywords***:** workplace bullying, emotional regulation, psychological wellbeing**.**

ICPB-23-44
Role of Netflix in Highlighting the Consequences of Bullying Among Teenagers: A Case Study of 13 Reasons Why

Sobia Naseem, Rabia Naseem, Hina Naseem, Seerat Kamal
University of Lahore,UET, Minhaj University

Abstract

This research study entitled Role of Netflix in Highlighting the Consequences of Bullying among Teenagers: A Case Study of 13 Reasons Why aims to investigate the role of media purposely Netflix in highlighting the consequences of bullying among teenagers. The qualitative study has been conducted by the researcher using an analytical methodology. As a theoretical framework, the researcher has considered Marshal McLuhan's theory "Medium is the Message." For exploring the impacts of bullying,13 Reasons Why (Netflix season) has been taken as a case study as this season emphasizes highlighting the strong impacts of bullying on protagonist Hannah Baker. Findings suggested that Netflix via 13 Reasons Why plays a role of critical impact in creating apprehension regarding the impacts of bullying among teenagers. It features various sorts and hurtful outcomes of bullying. It additionally brought into the spotlight the reasons for turning into a bully. Lastly, it suggested strategies against this social evil among teenagers. Recommendations of the study is centered on the need to examine the developing culture of bullying among teenagers (college and university students) and to hold sessions for the awareness about bullying to prevent the youth from the dangerous impacts of it.

Key Words: Bullying, Consequences, Netflix, Social Evil, Teenagers

ICPB-23-45
The Impact of Child Neglect on Career Decision Making Difficulties and Disruptive Behavior Among Adolescents

Farwa Nazir, Ms. Misbah Rehman
Riphah International University Gulberg Greens, Islamabad

Abstract

This study was intended to investigate the impact of child neglect on career decision making difficulties and disruptive behavior among adolescents. The aim of this study was to determine whether child neglect scientifically impacts the career decision making and disruptive behavior or not. The study included both males and females from two major cities of Pakistan; Rawalpindi and Islamabad. 400 participants, 220 males and 180 females, age ranging from 15 to19 were part of the survey. The study was quantitative in nature and purposive sampling technique was used for research purpose. The Multidimensional neglect scale (Linda et al.,1995), Career Decision making difficulties questionnaire (Gati et al., 1996) and Disruptive behavior scale for adolescents (Karimy et al., 2018) were administered on the participants of the study. For the purpose of testing hypothesis; descriptive statistics, Pearson Bivariate Correlation, T-Test analysis and linear regression analysis were used. The findings of the current study suggest that child neglect

is strong predictor of career decision making difficulties and disruptive behavior. It also indicated that there is significant positive relation between Child neglect, career decision making difficulties and disruptive behavior. The results also demonstrate that males exhibit more disruptive behaviors compared to females whereas, female face more difficulties in career decision making as compared to males. Both actual as well as Hypothetical results are closely related. This study will provide awareness regarding parental care and its positive impact child harmonious personality development.

Keywords: Child neglect, career decision making difficulties, disruptive behavior

ICPB-23-46
The Ecology of Biopower: Exploring the Roots of Structural Violence in Laila Halaby's once in a Promised Land (2007)

Rubab Raza,
University of the Punjab, Jhelum campus

Abstract

Biopower (*biopouvoir: French*) is a term coined by the French scholar and social theorist, Michel Foucault. According to Foucault (1998), "Biopower relates to the practice of modern nation states and their regulation of their subjects through an explosion of numerous and diverse techniques for achieving the subjugations of bodies and the control of populations" (*The History of Sexuality*, 140). The study aims to dissect the roots of post 9/11 structural violence, faced by Halaby's Arab-American characters in the U.S. as a tool deployed by the state institutions and society in general to exercise the biopower in order to control the migrant *Mazlhem* population. The term, structural violence, was coined by a Norwegian sociologist, Johan Galtung. According to Galtung, (1969) "Structural violence is a form of violence wherein some social structure or social institution may harm people by preventing them from meeting their basic needs" (p. 167). Thus this research adopts a Qualitative research methodology to locate the incidents of structural violence opted by the state institutions to implement their biopower as an agent to promote "environmental injustice" among the social-outcast or spatial others of the novel. Laila Halaby's *Once in a Promised Land (2007)* narrates the story of a Jordian couple whose bubble of American Dream and individual freedom shatters soon after the incident of 9/11 when the state holds them as a threat to its national security. The social ecology of the selected text has been analyzed under the principles of biopower proposed by Foucault. The study attempts to explore the sustainable breakthroughs offered by Halaby to eliminate the spatial otherness of Arabs within the Western society, required for the existence of an ecocentric and biophilic ecosystem. Thus highlighting the novel's contribution in peace building and positive globalization and discouraging the practices of cultural conflicts and social outcast.
Kew words: Biopower. Structural Violence. Spatial others. Social outcast. Biophilic ecosystem.

ICPB-23-48
Impact of Intellectual Humility on Interpersonal Conflicts at Workplace and Narcissism Among Teachers

Inshrah Mukhtar & Misbah Rehman
Riphah International University, Lahore

Abstract
The aim of the current study was to investigate the impact of intellectual humility on interpersonal conflicts and narcissism among teachers. The purposive sampling technique was used to gather data from 600 participants including 297 males and 303 females teaching at different institutions in Rawalpindi. The participants belonged to the age range of 34-45 years and the research was quantitative in nature. Three scales Comprehensive Intellectual Humility Scale (CIHS-22), Interpersonal Conflicts at Workplace Scale (ICAWS), and Narcissistic Personality Inventory (NPI-16) were used for data collection. Data analysis was performed on SPSS-21 by using Correlation analysis, Independent sample T-test, and linear regression. It was hypothesized that IH would have a significant impact on interpersonal conflicts and narcissism in the workplace and there would be significant gender differences in the scores of the study variables. The findings revealed that IH has a significant impact on interpersonal conflicts and narcissism whereas, it is inversely related to the two variables. On the other hand, narcissism and conflicts were positively correlated. Moreover, it was proved that males scored relatively higher than females on IH, however, there were no significant gender differences in the scores of the other two aforementioned variables. An important aspect addressed in this study was the influence of adopting positive traits (IH) and dropping negative ones (narcissism) in the workplace and the interpersonal benefits of such healthy practices in organizations.

Keywords: Intellectual Humility, Interpersonal conflicts at the workplace, Narcissism, Interpersonal Benefits

ICPB-23-49
Role of Pakistani Print Media in the Peace Building Efforts

Dr. Samira Azmat , Dr. Farhat Nisar
COMSATS University Islamabad, Islamabad Campus.

Abstract

The peace building efforts in any country take place at multiple levels and by multiple actors. Media has proved to be a major actor in this regard. The Print media in Pakistan still has a major influence and role in the society. This study aims to investigate what role the two leading newspapers: The Dawn and The News have played in this regard. For this purpose, this study analyzes the Editorials and Opinion columns on conflict in the region published from 2020 to 2022. The study is primarily a quantitative content analysis which explores War and Peace Journalism in the conflict arena. The theoretical model in the research is based on the Galtung model of War and Peace Journalism. The major aim of this research is to explore whether these leading newspapers publish the conflict in the region in Peace or War orientation using Galtung's dichotomy of positive peace and negative peace.

ICPB-23-52
Impact of Intimacy Attitude on Suicidal Desire

Mehwish Khan, Dr. Amena Zehra Ali
University of Karachi

Abstract

The objective of this study is to determine whether intimacy attitude (desire and capacity) helps to predict an emerging adult's suicidal desire. After detailed literature review it was hypothesized that intimacy attitude will predict an individual's suicidal desire through perceived burdensomeness and thwarted belongingness. 93 participants including females (n=41) and males (n=49) between ages 19 to 29 (M=24.47, SD=3.144) were sampled from different universities of Karachi belonging to different socioeconomic status. Socio-demographic form, Intimacy Attitude Scale-Revised (IAS-R) by Amidon, Treadwell, & Kumar, (1983) and Interpersonal Need Questionnaire (INQ-15) by Kimberly A Van Orden (2012) were administered. Descriptive statistics along with correlation and regression analysis were applied for statistical analysis of data using Statistical Package for Social Sciences (SPSS, V 21.0). Results indicated that there is a strong negative correlation between the intimacy attitude and suicidal desire. The results of the regression analysis indicate that intimacy attitude can significantly predict suicidal desire. ($R2 = .667$ $F(1,91)=[190.79],p<.001$).There is a strong negative correlation between the intimacy attitude and perceived burdensomeness. ($r(79)= -.778, p<.001$). A very strong negative correlation is found to be present between intimacy attitude and thwarted belongingness. This research can be an important step towards suicide prevention by working on the interpersonal attitudes of youth which will ultimately promote peace of mind and abate self-destructive approaches like social isolation.

Keywords: intimacy, suicidal desire, thwarted belongingness, perceived burdensomeness

ICPB-23-53
Literary Approaches to Peace Promotion

Alia Bashir
COMSATS University Islamabad

Abstract

This paper aims to highlight the role the literary theory has played for the global peace promotion. Three literary approaches will be discussed here to bring to the light as to how different approaches have remained successful to unfold the sources of crises in the recent era. This paper claims that economic inequality and the class struggle between the haves and haves not, the global identity conflicts, such as ethnic, religious and political divides, ensuing the upsurge of violence, bloodshed and mass murder and issues related to the gender disparity have been highlighted in the literary theory by Karl Marx, Edward Said, and Gayatri Spivak as Marxist, Postcolonial and Feminist critics, respectively. By highlighting the injustice around the globe, these critics, with the help of their literary theories have helped to understand today's chaotic world. The critics also suggest the strategies to cope with this chaos and to bring harmony and peace in the world. The data on literary theory have been collected by closely studying the primary texts of the authors. Close Reading method has been applied to analyze the texts further. By analyzing the texts, it has been concluded that these theories converge on one point; they all reflect on peace promotion.

Key Words: Literary Approaches; Marxism; Postcolonialism; Feminism; Peace; Promotion

ICPB-23-54
Sino-US Neo New Great Game in the Indian Ocean: Implications for Pakistan

Dr Hassan Farooq Mashwani,
Minhaj University Lahore

Abstract

The unprecedented rise of China is the greatest challenge to the American global hegemony and containment of China is the top priority for the foreign policy hawks in Washington. The archives of international relations reveal that the rising unsatisfied great powers usually challenge the interests of the existing hegemon in the global political system and strategic rivalry is quite natural in the process. However, instead of triggering direct belligerence with each other, the great powers usually start proxy wars through their allies in various peripheries. Therefore,

rivalry between the great powers is general is a great challenge for the smaller states, particularly their enclaved clients. Historically, the Great Game between the British India and the imperial Russia bitterly affected the economic, social, political and geographic structure of the buffer state Afghanistan and the North Western parts of the Indian Subcontinent. Likewise, the new Great Game between the US and Russia during the Cold War once again drastically affected Afghanistan and Pakistan, particularly the sociopolitical and economic fabric of the latter one. Since the dawn of the 21st century the rapidly rising China has been consistently challenging the American interests in various regions of the world. Being the epicenter of global trade and natural resources, the Indian Ocean has become a theater of the strategic rivalry amid the great powers and such kind of contentions will certainly have deeper implications for Pakistan. Being the strategic partner of Beijing, rivalry amid the US and China will obviously have critical repercussions for Islamabad too. This article aims to highlight the Sino-US Neo New Great Game in the Indian Ocean and its implications for Pakistan.

ICPB-23-55

Intergenerational Trauma, Perceived Discrimination, And
Social Exclusion amongst Religious Minorities in Pakistan

Hafsa Altaf, Prof. Dr. Masha Asad Khan
Kinnaird College, Lahore

Abstract

This study investigated the relationship between intergenerational trauma, perceived discrimination, and social exclusion amongst religious minorities in Pakistan. Two hundred and two Hindus and Christians participated in this study. They were approached through various online platforms and they completed an online survey. Participants were administered The Impact of Event Scale-Revised, Perceived Discrimination Scale, and Social and Community Opportunities Profile (SCOPE – Short) along with a demographic form, respectively. Data were analyzed using Pearson Correlation and Multiple Linear Regression analyses. Findings revealed a significant positive relationship between intergenerational trauma, perceived discrimination, and social exclusion. Moreover, perceived discrimination emerged as a significant positive predictor of intergenerational trauma. The findings of this study may help in raising awareness regarding the psychological impact of marginalization on religious minorities in Pakistan. The results have implications for policymakers, mental health practitioners, social workers, and the general population at large.

Keywords: Intergenerational Trauma; Perceived Discrimination; Social Exclusion; Religious Minorities

ICPB-23-56
Work family conflict, Emotional Dissonance, and Burn out among police personnel

Tayyaba Rasheed & Zunera Tariq,
IAP, University of the Punjab

Abstract

The present research aimed to investigate the relationship between work family conflict, emotional dissonance, and burnout among police personnel. It was hypothesized that there is likely to be a relationship between work family conflict, emotional dissonance, and burnout among police personnel. Correlational research design was used and the sample was recruited by using the non-probability purposive sampling technique. The sample was comprised of n=200 police officers. Assessment tools used in this study to collect samples were, Work Family Conflict Scale (Haslam et al., 2015), Emotional Dissonance Likert-type scale (Pizam et al., 2006), and The Maslach Burnout Inventory Scale (Maslach et al, 2005). Data were analyzed using Pearson Product Moment Correlation, Multiple Regression Analysis, One way ANOVA, and moderation through Andrew Hayes PROCESS. The results revealed that there is a positive relationship between work family conflict, emotional dissonance, and burnout among police. Emotional dissonance significantly moderated the relationship between work family conflict and burnout. Multiple Hierarchical Regression results indicated that work family conflict was a significant predictor of burnout. The findings of the present study will aid in devising a management plan to deal with burnout among police personnel. Moreover, this will aid future research in exploring the protective factors against burnout among police personnel. Keywords: Work family conflict, emotional dissonance, burnout, police personnel.

ICPB-23-57
An exploration of Oedipus Complex in D.H Lawrence's "Sons and Lovers"

Muhammad Zia Ul Haq, Dr Asia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract

The Oedipus Complex is a psychological concept that refers to a child's unconscious sexual desire for their opposite-sex parent and jealousy and rivalry with their same-sex parent. This complex was introduced by Sigmund Freud in his theory of psychoanalytic development and is

believed to be a critical stage in a child's development, necessary for the development of healthy adult relationships and identity. In D.H. Lawrence's "Sons and Lovers," the main character, Paul Morel, struggles with his owns sexual and emotional desires and his relationships with his parents, Gertrude and Walter. Through a close reading of the novel and an examination of the cultural and historical context, including the influence of Freudian theory and the role of gender in the early 20th century, this study aims to explore the theme of the Oedipus Complex in "Sons and Lovers" and gain a deeper understanding of how it impacts the relationships between Paul, Gertrude, and Walter. The results of the study show that the Oedipus complex is a central theme in the novel and plays a significant role in shaping the relationships between the characters. The cultural and historical context and the influence of Freudian theory are also important factors in the manifestation of the Oedipus Complex in "Sons and Lovers."

ICPB-23-59
Conflict Resolution, Peace Building and Mental Health: An Islamic Perspective
Dr Nyla Anjum
Associate Professor of Psychology/Principal GCWDN

Abstract

Aim of this concept paper is to explain the concept of peace in Islam and its role in promoting, maintaining, and sustaining mental health at the individual and global level. The current global climate, marked by economic uncertainty, the rise of digital technology, environmental challenges such as global warming, and various conflicts and clashes on regional, global, political, religious, and racial levels, has contributed to a sense of fear, loneliness, and ill-being that negatively impacts the mental health of individuals and society. This is particularly relevant for Pakistan, which faces the added challenges of terrorism and a lack of awareness and sensitivity towards mental health issues. Objectives of the paper are placed on three Axis. Axis I discuss the concept of peace in Islam, which is not simply the absence of war but rather a path towards creating a culture of peace based on principles such as freedom of religion, respect for human dignity and the sanctity of life, wealth, and honour, the rule of law, environmental protection, and the elimination of violence. Axis II describes the concept of mental health in Islam, which involves more than just the absence of disease but rather a state of cognitive, behavioral, and emotional well-being that can be achieved through the teachings of Islam. Axis III explores how a culture of peace in Islam can foster and enhance mental health. Upon completing this presentation, attendees should be able to create a field for peace and mental health for themselves and communities which resulted in to a model for globe.

Key Words: Peace, Mental Health, Islam, Individual, Society

ICPB-23-60
Efficacy of SALAM Model as an Intervention-Based Conflict Resolution Model

Dr. Sonia Mairaj Ahmad, Ms. Wajeeha Nisar Khan
University of Central Punjab-Lahore

Abstract

The Salam Model introduces an Islamic model of conflict resolution through mediation within a group and is an intervention-based model, used to resolve conflicts and maintain salamti among the Muslim (Ahmad, 2007). We studied its usage in a training design on university students for conflict resolution for every day conflicts as well as global issues. In multiple training groups, a total sample of 143 participants was trained. Trainings were conducted by using two different modes, online as well as onsite. A pretest was included to assess need for this training. Feedback and active discussion were initiated before ending the sessions. The training design involved a training of 3 hours, with two main activities delivered through role-play and interactive sessions. The content of training was designed according to the model and audio-visual aids, role play and interactive online session were ensured in all trainings. The objectives of the training included the development of effective team leaders, team cohesiveness, increased performance, improved interpersonal skills, improved communication skills and effective problem-solving skills. This research incorporates the strategies that enhance personal development and efficacy in communication skills required for conflict resolution in a peaceful manner. For the analyses of training efficacy, the feedback from students in the form of rating as well as the narrative was explored. Results indicate that students actively participated in the activities, they learned new skill-set and narrated how they can incorporate this into their daily life and professional development. Implications include adaptation of theory to practice, inculcating Islamic practice for conflict resolution among youth and validation of Islamic intervention techniques.

Keywords: Conflict resolution, Islamic interventions, SALAM Model, Training & Development

ICPB-23-61`
The Islamic Concept of Human Rights: Strategic Implications and Implementations

Saad Jaffar, Dr Nasir Ali Khan
University of Science and Technology, KPK, Pakistan
COMSATS University Islamabad, Abbottabad campus, Pakistan

Abstract

The Islam has reserved for mankind immense rights that guarantee a life of dignity and respect in this world. The Islamic concept of human rights is very universal and covers all aspects of life, which indicate a refreshed and contended life. Different sorts of rights are need to be explored and the main objective of this study is to analyze the human rights with different perspectives. The present study also covers the strategic implications of human rights in the focused context of their implementation in Muslim world. At present, the concept of society and culture is rapidly changing and losing its original glory, which need to be addressed in an organized way. The present research work is qualitative and based upon both primary and secondary sources e.g. Holy Quran, Hadith, dictionaries, encyclopedia, books and articles published in various journals. It is worth mentioning that Islam not only presented equal rights for man and women but also for the rest of the creatures which is a true sign of universality of Islam. Implications and implementations of human rights according to the teachings of Islam are essential for the conservation of mankind.

*Key Words***:** Islam, Human Rights, Mankind, Muslim World, Strategies

ICPB-23-62`
The Role of Media in Conflict Management

Adrish Anwar
COMSATS University Islamabad

Abstract

Media holds unique power, by using the information as a tool it can make significant changes in society. It can change both perception and perceptive. Media in any culture or society is crucial especially when they want a shift towards peace and democracy or to prevent conflicts. Media can be medium to create propaganda, infuse artificial conflicts, and spread hate and prejudice but at the same time, its ability to prevent conflicts and its role in conflict management is miscalculated. The media possess the ability to neutralize tensions before they escalate to perilous stage. Spreading reliable information to large masses can help prevent conflicts and encourage peace. In a few instances, following the conflict, its repercussions can also be addressed through the development of society and reconciliation. One of the key aspects of conflict management is education or awareness. Receiving the right information during a conflict can get the ball rolling. The fragility of a conflict can be handled if the media chooses to deliver the needs, values, and intentions of different actors. Additionally, it can help in overcoming

stereotypes between two sides. The results of conflict management depend on multiple factors, including ownership, understanding of the conflict and interest of journalists, and separating concrete truth and facts from expectations. Fundamentally, the role which media adopts to play can sometimes make a mountain out of a molehill. This research aims to answer two main questions, first the role of media in conflict management and secondly, in what ways the power of media in conflict management is limited.

ICPB-23-63`
Development of Attitude Scale for Undergraduate Students; A Measure of Being at Peace

Dr Samra Bashir, Dr. Sadia Shouqat
University of Education, Lahore

Abstract
The study of peace is now more popular, valuable, and timely than ever. A scale to determine the group's attitudes toward peace may be useful. The influence of a lecture, programme, course, on attitude for peace may be studied by distributing the instrument before and after. The authors have thus decided to construct a peace-scale, or a scale for the measurement of attitudes toward peace. After developing a working definition of attitude towards peace and reviewing the literature related to peace education initial draft consisting 81 statements of five constructs of peace was developed. Initially the 5 aspects of peace education were enlisted i.e. Concept of peace, human rights, cultural diversity and social justice and conflict resolution to develop the attitude scale. Statements related each aspect was included in the attitude scale. Responses were taken on five-point Likert type scale i.e. strongly agrees to strongly disagree. Three hundred and fifty students from two universities of Lahore were participated in pilot testing of scale. To determine the content validity of tool five teachers of education were selected conveniently for expert judgment. The instrument was changed to reflect the comments of experts. The principal axis factor analysis with varimax rotation was conducted to assess the underlying structure for the 81 items of the Attitude Towards Peace Scale. Three forms of reliability i.e., parallel form reliability, inter item consistency reliability and split half reliability were applied for internal consistency of scale. The preliminary data demonstrated that the scale has acceptable psychometric properties for measuring an individual's attitude for peace. The study also provides reliability and validity data for the scale. The data demonstrated internal consistency, and test-retest reliability. The peace scale may serve as a novel assessment tool in the education sector

and be valuable in monitoring and evaluating the peace-building impact of educational initiatives in conflict-affected regions.

Keywords: Attitude for peace, Scale Development

ICPB-23-66`

Criminogenic Thinking Patterns in Incarcerated Offenders: History of Crime Record, General Mental State, and the Role of Negative affect

Dr. Shameem Fatima & Faiza Batool,
COMSATS University Islamabad, Lahore, National University of Modern Languages, Islamabad

Abstract

The main objective of the study was to assess whether history of crime record, general mental state, and negative affect predict criminogenic thinking patterns in incarcerated offenders. The study hypothesized that personal, family, relatives', and friends' history of crime record will predict criminogenic thinking patterns in incarcerated offenders. Also, general mental state and negative affect subdomains will predict criminogenic thinking patterns after accounting for the history variables in incarcerated offenders. The sample was 200 incarcerated offenders selected from jails of Punjab Pakistan. Urdu versions of Criminogenic Cognition Scale (Jamil & Fatima, 2018), Negative affect subscale of Adult Temperament Questionnaire (Nadeem et al., 2015) and Mini Mental Status Examination were used to assess criminogenic cognitions, 4 factors of negative affect (fear, frustration, sadness, and discomfort), general mental ability in the sample. Findings from bivariate correlations showed that general mental state did not turned out to be significant correlate of any of the criminogenic thinking patterns, hence was not added in the subsequent regression analyses as a predictor. Further findings from correlation analyses showed that two subdomains of negative affect, fear and discomfort, were significant positive correlates of all criminogenic thinking patterns except negative attitude towards authority among incarcerated offenders. However, sadness remained insignificant as a correlate for all criminogenic thinking patterns. The personal crime history as well as friend's crime record was found to be the significant predictors of all domains of criminogenic cognitions (except negative attitude towards authority). This work provides evidence that negative affect and personal and friend's crime record are important factors in criminogenic thinking patterns in incarcerated offenders.

Keywords: Criminogenic Cognitions, Negative Affect, Mental State, Incarcerated Offenders

ICPB-23-67
Conflict Resolution: Theoretical and Practical Issues
Brig (R) Rifat Ullah,
Minhaj University Lahore

Abstract

Conflict at every level of society exists: from individual to communal to national and international. Where one can find many definitions delineating the epitome of conflict and their reasons for existence; primarily, it is the variance in perceptions of two or more sides and their degree of deviation from each other. Perception is a subjective appellation of how we take things, not how they are, and remains in a clash with objective truth and reality. Buried deep inside our understanding of things, we comprehend a particular happening and correspondingly articulate our thought process, which becomes the basis of our perceptions about an issue. Accordingly, the perceptions with tangent viewpoints transcend into conflict, which is not always negative. The positive conflict surfaces different perspectives on the same issue, thus affording multiple better options to improve, which otherwise would have made the system stagnant and beyond vertical or horizontal growth. Nonetheless, this whole process needs to be controlled within the confines laid out; otherwise, a simple difference in opinion or perception can prove highly detrimental to make the system dysfunctional. The milieu of understanding an issue and mitigating it essentially demands arresting a cyclic paradigm, hosting differences in perceptions as the base. When not addressed, this difference in perceptions transforms into issues that become the basis of a conflict and, when conflict is not addressed for a certain amount of time, continues to breed more issues further. This cycle transforms a simple difference in perception into a quagmire and complex web of negativism. This stays valid at all levels of human society, where conflict is a normal part of our lives. It resides at different levels of its existence, from latent to perceived to being felt and to its physical manifestation. Within the primary architect, conflict resides in two forms; conflict within and conflict with others. Where seeds of both forms are cultivated in cognitive or psychological spheres, their apotheosis is mostly physical, surfacing in different forms of implicit or explicit compromise. The interactionist view of conflict is that it can be positive as well. In the philosophical debate, if it is true, then decision-makers at all levels need to focus on managing the conflict more than resolving it, steering it towards a win-win situation for mutual solace and maximizing the collective output. In this paper, starting with the foundational questions of what is conflict and why it happens irrespective of level, the later part will focus on the questions; can conflict be avoided, and should these always be avoided? The context will be woven around the issues of existing theoretical frameworks and glitches confronted in practice, principally due to cognitive dissonance. Towards the end, strategic analysis of a conflict situation using SWOT, PESTEL, and Six Hat Analysis techniques culminating in Scenario Building to forecast the probable future outcomes will be discussed. Lastly, a conflict management strategy will be proposed by employing different decision-making theories and specific game theory models.

ICPB-23-68`
Mental Health and Coping Styles of Acid Burn Victims Concerning their Demographic Characteristics

Dr.Muneeba Shakil , Barira Awan & Dr. Farzana Ashraf
COMSATS University Islamabad, Lahore Campus

Abstract

To determine the mental health condition and coping styles of Pakistani female acid burn victims in the association of their demographic characteristics. This cross-sectional study was performed at COMSATS University Islamabad, Lahore campus, from September to June 2020. Sixty female victims divided into 3 age groups, i.e., adolescence [12-19 years (M age = 16.43, SD= 3.15)], young adulthood [20-35 (M age = 27.65, SD=4.12)], and middle adulthood [36-53 years (M age =41.13, SD=4.19)] were selected through purposive sampling from Smile Again Foundation, Lahore who responded to the Demographic Information Sheet, Cognitive Styles Questionnaire, and Scale of Mental Health. The analysis revealed that 27 (45.0%) of the cases were the atrocity faced because of sexual harassment, 14 (23.3%) conflict with husband, 7 (11.7%) religious conflicts, 5(8.3) refusal over love proposal, 4 (6.7%) family conflicts, 2 (3.3%) property issues, and only one case was reported to be accidental. Moreover, middle-aged adults had significantly better mental health as compared to their counterparts. Mental health was also found to be better in victims living in a joint family system and those who faced the atrocity 8 to 10 years back. Adolescent and unmarried victims were found to use emotion-focused Coping. Furthermore, with respect to problem focused coping no significant association was found concerning their demographics. Our study highlights the importance of association of Acid burn victim and demographics with their mental health and coping styles, which should be considered by healthcare systems while designing interventions for them.

Keywords: acid burn, Pakistani victims, mental health, coping style, demographics

ICPB-23-69`
Association of Perceived Addiction to Obscene Content with Guilt, Obsession, and Verbal Abuse in Young Adults

Farzana Ashraf, Shazia Aziz, & Muhammad Saif Ali
COMSATS University Islamabad, Lahore Campus

Abstract

Pakistan is among the countries with the highest number of consumers of obscene content on the internet according to the latest statistics. Being an Islamic County, this is an alarming situation for all concerned. According to existing literature, the use of obscene content is associated with numerous unfavorable outcome indicators in humans e.g., deviant and criminal tendencies, alteration in the dopamine network and neuronal reaction, long-term sexual dysfunction, guilt, and remorse among others. In the present study, a sample of 150 students equally distributed across both genders was examined on the consumption of obscene content; shame & guilt; verbal abuse and obsession and compulsions. The participants were undergrad students from a public sector university located in Lahore, Pakistan with ages ranging from 19-22. In this correlational study, participants were assessed on the Problematic Pornography Consumption Scale, Guilt Proneness Scale, Buss and Perry Scale (Verbal Abuse), and Yale-Brown Obsession and Compulsion Scale. Findings demonstrate direct and indirect associations i.e., obscene content consumption was found to directly affect obsession and compulsions and indirectly enhance verbal abuse among the participants. Moreover, shame and guilt were found to directly enhance obsession and compulsions and indirectly increase verbal abuse.

Key Words: obscene content, shame & guilt, verbal abuse, obsession, young adults

ICPB-23-70
Ten Billion Trees Tsunami Program: Peace-building and Prevention from the Non-Traditional Security Threat of Climate Change and Water Crisis in Pakistan

Dr. Muhammad Akram Zaheer,
Lecturer in Political Science, Informatics Group of colleges, Arifwala

Abstract

The threat of climate change is becoming a root cause not in the traditional sense but has many other threatening dimensions, increase in greenhouse gases, causes rise in temperature, brings water crisis, an ever increasing security and environmental hazards for the global world adding Pakistan bordering with two giant populated neighbors as a multiplier. For drinking and irrigation purpose water standard is steadily deteriorating. Lack of fresh water has become a serious concern for Government; recognizing and taking this issue as non-traditional security to revive forest and water policies with the motivation. In 2018, the PTI Govt. constituted second project, the Ten Billion Trees Tsunami Program after BTTP with objectives to engage in climate change and to manage the water crisis by plantation, reduce GHG and global Warming. The

program potentially diminished the extent of the threat posed by climate change. The paper made an attempt to evaluate the context of climate change as the virtue of the water crisis and its potential impacts on peace and security. Also the Billion Trees Tsunami program explored whether to be an appropriate attempt to resolve the issue of emitting GHG's, causing increase of temperature and melting of glaciers, disturbing emerging security threat to water crisis and climate change. Limited to the above-mentioned parts using the qualitative analysis, the paper is tied with arguments and conclusion.

Key words: climatic change, water security, potential impact, tree plantation

ICPB-23-72`
Religious Guidance in Peace building: Role of Islam in Global Peace Building and Consonance

Zia Ur Rehman
The Institute of Islamic Studies, The University of Punjab Lahore Pakistan.

Abstract
Peace building and reconciliation are amalgamated into human basic instincts. The evolution of Human civilization, the reformers of different nations and sovereign states, and the genesis of peace assurance laws and jurisprudence by Global intellectuals depict the love and respect for humanity. In other words, Mankind wants to live in peace and allows others to spend their lives in accordance with love, appeasement, and fence mending so that global peace can be inculcated on this planet. Religion is a potent ingredient of social ethics and norms. Religion influences the process of peace-making by opting for two courses of action which are by motivating religious entities to participate in the peace making process and using religious tactics which are engaged in peacemaking. This research paper aims to highlight the above-mentioned objectives that how a man is a peace-loving creature and if we peep into the history of humanity peace is closer to human nature than violence. Furthermore, it will be discussed in this paper how religion can be used as an integral constituent for the instigation of peace and truce in the world with special reference to the two tactics mentioned above. It will also be elucidated in this paper how Islam is an ambassador of peace and harmony for the entire humanity. It will be elaborated that how the religion Islam proclaims as a peaceful religion not only for the followers of Islam but also for the entire community and examples will be given from the life of Prophet Muhammad P.B.U.H. Concluding to the topic will be chewed over that what practical enactments can be opted to ensure global peace and tranquility. The research method used will be the Qualitative Archival method. Chicago Manual 2017 will be used for the writing of the paper.

Keywords: Religion, Peace Building, Islam, Global Peace.

ICPB-23-73
Pak-Russia cooperation leads to mitigate nontraditional security threat of energy crisis and to build peace in Pakistan

Gul-i-Ayesha Bhatti,
Minhaj University, Lahore

Abstract

The concept of non-traditional security threats has endangered both state and human security and has caused a dramatic paradigm shift in the way we think about security. Energy security is the cornerstone for sustainable peace. It is threatened by a variety of domestic and global issues that have not been effectively tackled. Energy safety has become a major element that affects a state's economy, foreign policy, and security policy in recent times because all economic systems are strongly dependent on energy. Luckily, Pakistan has a range of regional energy sources to consider. While moving toward the regional actors, Russia is the most suitable option for energy collaboration. The Iranian offshore gas pipeline and the Pakistan Gas Stream Project are two important gas-related projects that Pakistan and Russia have been working hard to bring to fruition in addition to their oil negotiations. Along with that, Russian interest to participate in the TAPI project is also a positive sign for Pakistan to overcome its energy security. This paper will focus on the Pakistan-Russia energy relationship and its significance to combat the energy crisis in Pakistan. This would ultimately lead to build peace in Pakistan.

Keywords: Peace building, Non-traditional security, Energy security, North-South gas pipeline, IP, TAPI, regional players

ICPB-23-74`
Psychopathy and Bullying Behavior: The moderating role of violent games.

Arooj Miran, Dr. Faiqa Yaseen
Lahore Garrison University, Lahore, Pakistan

Abstract

Psychopathic personality trait refers to a pattern of personality characteristics associated with a lack of empathy and remorse, impulsivity, and a tendency to engage in manipulative and criminal behavior. Similarly, psychopathic personality traits have been linked to an increased

likelihood of engaging in bullying behavior, particularly among young smartphone users. The aim of the current research was to analysis the effect of violent gaming on psychopathic personality traits and bullying behavior. The data was collected from 801 young smartphone users using purposive sampling technique and 2 assessment measures i-e (i) short dark triad personality test, and (ii) forms of bullying behavior with some relevant demographics. The study found a strong correlation between psychopathic personality traits and bullying behavior among young smartphone users. Moreover, moderation analysis using Hayes PROCESS version 4.1 model 1 was conducted in which violent gaming was used as a moderator. Violent gaming was found to exacerbate this relationship, as it strengthens the link between psychopathy and bullying. This highlights the need to understand the relationship of violent gaming between psychopathy and bullying in smartphone users. Additionally, the finding help psychologist to develop awareness programs for young adults to understand the hazardous effects of violent gaming on mental health.

Keywords: Violent Gaming, Psychopathic Personality, Bullying Behavior, Smartphone Users

ICPB-23-75`
Pursuing Mental and Spiritual Wellbeing through Connection to God
Utilizing the Lens of the Holy Quran and Hadith

Iffat Khalid
Department of Humanities, COMSATS University Islamabad, Lahore Campus

Abstract

In this age of scientific and technological advancement humanity has been blessed with such material comforts that were unimaginable in the earlier societies. This abundance of resources and material ease has facilitated man considering him a living organism but there is no considerable link of this scientific progress with mental wellbeing. Rather, multitude of mental and spiritual illnesses like depression, anxiety, disorders and hopelessness, has been increased in recent times in comparison to the past. Here, the role of Religion becomes crucial to fill the gap and serve the purpose of mental and spiritual wellbeing of mankind. Religion Islam renders multiple solutions for this by emphasizing to the Purification of heart through connecting to God. This article offers the remedies for mental and spiritual illnesses through linking with God (Allah) by using Holy Qur'an and hadith as primary means of guidance. It concludes that majority of spiritual and mental problems can be solved through contemplation (Tafakkur),

remembrance of Allah (Zikr), selflessness (Esaar), Trust in God (Tawakul), Contentment (Qannat) and gratitude (Tashakur).

ICPB-23-79`
Exploring Collective Trauma and Support Needs of Queer Community in Pakistan: A Phenomenological Study

Nayab Imtiaz, Zohaib Ahmed
Department of Psychology, Lahore School of Professional Studies
The University of Lahore

Abstract
The queer community is one of the most marginalized and discriminated community, primarily in South Asia. As a result of their marginalization and insufficient support, they are more likely than cisgender and heterosexual people to go through suicide risk and mental health difficulties as well as violence, trauma and physical and psychological abuse. Social support seems to be an essential tool that helps queer people reduce the collective trauma and minority stress they experience during their lifetime. The current study is aimed to explore collective trauma and support needs of queer individuals in Pakistan. A qualitative and phenomenological research approach was used. In-depth semi-structured interviews were conducted with 8 queer individuals in Pakistan. Interviews were recorded and transcribed. Data was analyzed through NVivo12. Through inductive and deductive approach, codes, themes were identified 4 master themes emerged, namely; historical origins of collective trauma, emotional & psychological harm, marginalization through violence & control and interpersonal & intrapersonal support needs. Collective trauma is communal, the impacts and causes of which are multifaceted. There is a need of a queer affirmative and intersectional framework so the wellbeing of the queer individuals can be improved and lives protected.

ICPB-23-81`
Street Harassment and Negative Emotional States in Young Women of Lahore, Pakistan

Muneeba Shakil, Amna Akram
COMSATS University Islamabad, Lahore Campus

Abstract

This study was carried out with the objective to investigate the effects of street harassment on depression, anxiety and stress in women. It was hypothesized that "there will be a positive association between street harassment, depression, anxiety, and stress in women" and "street harassment will act as predictor of depression, anxiety and stress". A sample of 300 women aged 18-29 (Mean age = 20.8 SD= 2.03) was selected through convenient sampling technique from different universities of Lahore, Pakistan. Participants responded to demographic Information form, Depression, Anxiety, Stress Scale (DASS-21) and Street Harassment Experience Scale (SHS). Analysis reveals that there is a significant positive association between street harassment, depression, anxiety and stress. Linear regression analysis revealed that street harassment act as a predictor of depression, anxiety and stress in young women. Despite representing more than half of the population, Pakistani women continue to live in a patriarchal setting that thrives on harassment and conflict. This study concludes that the menace of street harassment entails devastating emotional, physical and psychological impacts on young women leading to conflict and recommends that policy interventions be undertaken to curb this heinous act against women for peace building and conflict resolution.

Keywords: Women, Street Harassment, Depression, Anxiety, Stress.

ICPB-23-82`
Building Peace through Poetry: A Sufi Perspective

Dr. Sardar Muhammad
COMSATS University Islamabad, Abbottabad Campus

Abstract

An overwhelming majority of Mystical poets are known to be the exponents of Peace and Non-violence. The quest for promoting universal brotherhood of Mankind may pave the way for building peace and ensure peaceful co-existence. This paper examines the concept of Peace from the Sufi perspective and the Sufis' promotion of Peace through poetry. It is particularly focused

on the views of well-known poets like Rumi, Attar, Hafiz, Amir Khusrau, Baba Farid, Sultan Bahu, Bulleh Shah, and Allama Iqbal. Through juxtaposing the views of different poets, it can be safely concluded that, despite linguistic, cultural, racial, and ideological differences, promotion of Peace has been a common theme of their poetry. In this way, for building global peace in the time of globalization, necessary guidelines provided by the Sufis through their poetry can be followed.

ICPB-23-83`
Religious Orientation, Spirituality and Psychological Wellbeing among Young and Middle-Aged Adults

Dr. Rehana Mushtaq, Prof. Dr. Sayeda Salma Hasan
Riphah International University, Lahore
Government College University Lahore

Abstract

The present research aimed to find out the mediation role of spirituality between religious orientation and psychological wellbeing among young and middle-aged adults. A sample of 115 young and 100 middle-aged adults was selected. Sample was assessed on measures of the Religious Orientation Scale-Revised (Gorsuch & Mcpherson, 1989), Spiritual Wellness Inventory (Ingersoll, 1996), and Psychological Wellbeing Scale (Ryff & Keyes, 1995). Non-probability purposive sampling technique was used to draw the data. The finding indicates that there is a significant positive relationship among religious orientation, spirituality, and psychological well-being among young and middle-aged adults. Regression analysis indicated that Religious orientation and spirituality are significant predictors of psychological wellbeing among young and middle-aged adults. Mediation results of indirect effect indicated that Spirituality was found to be a significant mediator between religious orientation and psychological wellbeing.

Keywords: Spirituality, Religious Locus of Control, Psychological Wellbeing, Young Adults, Middle-Aged Adults

ICPB-23-85`
Impact on the Biopsychosocial Wellness of Senior Citizens Residing in Old Homes

Dr. Shakeela Ibrahim, Laraib Mutahira Khan, Laiba Hassan
Comsats University Islamabad, Islamabad Campus

Abstract

The purpose of this research was to analyze the biopsychosocial wellness of people living in old homes, each having an experience of their own to discuss. This research was done mainly in the urban city of Islamabad. The main emphasis was laid on the individuals' social, psychological, and behavioral wellness based on their encounters in life. The human behavior is directly affected by the environment, and this research implies that people at every age are socially, psychologically and behaviorally affected by their environment. Firstly, considering the biological factors, it is found that accidents, physical disabilities, illnesses and medications are huge reasons behind people being sent to old age homes. Secondly, social factors like lack of friends, inability to interact with others and lack of senior representation in one's life have also resulted in individuals having a miserable life at the old age homes. Lastly, psychological factors also have an adverse effect on the mental wellness of these individuals, for example illnesses like lack of happy relationships, mental disorders, unusual thoughts, trauma, suicidal thoughts etc. The generalization of this research is limited due to the sample collection being done only from the old age institutions present in the twin cities of Islamabad and Rawalpindi. This study reached the conclusion that biopsychosocial factors do indeed impact an individual's life greatly. This study concludes that people living in old age homes feel like they are being troublesome for others and grow old to have little or no interest in the attractions of life.

Key words: Biopsychosocial, Senior Citizens, Old age Homes.

ICPB-23-86
Exploring Attitude towards Victim Mentality: A Vignette Study

Haleema Bukhari, Tayyaba Hanif
Comsats University Islamabad

Abstract

People with victim mentality have a negative perspective of seeing things. They believe that events and the people around them both want bad things to happen to them and that they are the reason behind all their miseries. They avoid taking responsibilities and are characterized by constant complaining. They even have an ability to drag people trying to help them into the loop

of their miseries and in turn transform into a victimizer themselves. Victim mentality does not only impact the life of those suffering from it but also, of the people who have a daily basis interaction with them. The current study explored the attitude towards victim mentality. A vignette instrument was developed to obtain data from the participants. The vignette instrument contained a total of 5 vignettes in the form of short stories with a set of 5 open ended questions at the end of each vignette. Theme based exploratory qualitative research design was used and by using convenience sampling, a total sample of 10 participants from Lahore and Islamabad (n=5 females; n=5 males) age ranging from 17-24 via telephonic interviews were conducted. The results depicted that there is less awareness regarding the term and concept victim mentality. However, it was believed that victim mentality produces negative effects for the people in contact with people suffering from it and that it is originates from either a past trauma or experience or is a consequence of bad parenting.

Keywords: victim mentality, vignettes, playing the victim, victimizer, victimization

ICPB-23-87
Resolving Conflict in Universities: Gender Differences in Emotional Empathy and Self-Regulation

Urooj Niaz, Dr. Sumaya Batool
Department of Psychology, University of Sargodha, Sargodha

Abstract

 Research suggests, men and women use different conflict resolution techniques at work, which has an impact on both the organization's success and the employees' loyalty. The present study extended this model to higher education institutions by incorporating the role of emotional empathy and self-regulation in conflict management among men and women university teachers. Specifically, the study aimed to explore gender differences in conflict resolving styles, investigate relationship between conflict resolving styles and emotional empathy and self-regulation across men and women, and to compare interactive role of empathy and self-regulation in predicting conflict resolving styles in men and women university teachers. The sample comprised of 200 public university faculty members ($n_{men} = 100$; $n_{women} = 100$) with an age range from 25 to 50. Results indicated that women tend to use *power*, *consideration*, and *atmosphere* while men preferred *doubt* conflict resolution style in university settings. Series of Multiple Regression followed by Post hoc Probing tests showed that high emotional empathy and self-regulation potentiated *consideration* and *power* conflict resolving styles in women. Conversely, low emotional empathy and low self-regulation inhibited *consideration* conflict resolving style while *power* conflict resolving style was facilitated by high emotional empathy

and low self-regulation in men. Further, for atmosphere and doubt conflict response, only main effects of emotional empathy and self-regulation were observed. Lastly, the study highlights the potential value of the present investigation for training programs of university faculty members.

Key words: Conflict Resolution, Gender, Higher Education Institutions, Empathy, Self-regulation

ICPB-23-88
Sociocultural Pragmatic Markers in Discourses of Drug Addicts: A Discursive Psychological Perspective

Tanzeela Iqbal, Dr. Muneeba Shakil, & Dr Sara Khan,
COMSATS University Islamabad, Lahore Campus

Abstract
This phenomenological study explored the socio-cultural pragmatic markers in discourses of drug addicts. Five male adults between the ages 18 to 29 years, have abused cannabis, were recruited as sample through purposive sampling from rehabilitation center of Lahore, Pakistan. The data were collected using in-depth and semi-structured interviews and analyzed iteratively using coding based on the phenomenological approach. The main concept classified into four superordinate themes including need for belongingness that was the reason behind intake of drug, lack of this need lead them to addiction. The other three superordinate themes are related to participants self, i.e. self-image, self-perception and self-esteem. And the studied linguistic markers appeared as subordinates of these three superordinate themes. Participants used evidential markers to reason how lack of belongingness led them there; they used quotation markers to state the saying of society, family about themselves, relating them to addiction habit. The use of general extenders predicts that they may have a lot to say. In conclusion, this study seeks to complement and deepen the few existing literature on discourses of drug addicts. Its findings should be considered as a start to explore how the language affects addiction and how discourses of drug addicts could be used as a treatment in rehabilitation centers, as in emerging field of Discursive Psychology.
Keywords: Socio-cultural phenomenon, Pragmatic markers, self-perception, need for belongingness, self-image, self-esteem.

Work Place Bullying, Resilience and Psychological Distress during Covid 19 In Hospital

Bisma Abid, Naseem Irfan, & Wizra Saeed
Riphah University
Bahria University Islamabad

Abstract

This research aims to examine the relationship among workplace bullying, resilience psychological distress among hospital employees during COVID-19. The total sample (N=200)of doctors, nurses and other medical staff were selected from different hospitals of Faisalabad by using convenient sampling technique. Correlational research design was used. Workplace bullying scale, Kessler Psychological distress Scale and Brief resilience scale were administered to measure bullying, psychological distress and resilience respectively. The findings indicate resilience revealed negatively associated with psychological distress and workplace bullying. Psychological distress has a significant positive relationship with workplace bullying. This research will be helpful for researchers, psychologist, food nutritionist, psychotherapist and government agencies for policy making.

Keywords: Workplace bullying, resilience, psychological distress and hierarchal regression.

Peace building in Society and its Contemporary Requirements in Perspective of Islamic Religion: A Research Study

Dr. S Muhammad Tahir Shah,
Govt. Graduate College Satellite Town Rawalpindi

Abstract

Islam, as a religion, is the preacher of peace, security and harmony. Basic sources of Islam i.e. Quran and Sunnah focus to maintain and institute peace and harmony among the whole humanity to establish a peaceful society. Quran, in its various verses, indicates different aspects and sources of peace and peace building. Ka'ba, the most sacred place of Muslims is declared the center of peace which indicates religious institutional peace. Quran promised peace for those who have firm faith and who avoid mixing cruelty and injustice in faith and in whole life. Unthanking of blessings is also announced in Quran as a big reason of unrest and anarchy in society. Quran admires the persons who play a vital role in peace building and forbade from sectarianism and to abuse even the gods of disbelievers to maintain harmony. The Holy Prophet

(PBUH) in his narrations attached peace with religion and declared the peace and security of others as the integral part of faith and counted peace in the foundations of religion. He (PBUH) stressed in his sayings and presented the noble examples from his life for peace building in the society. This was not only for Muslims but also included interfaith level, so that both internal and external peace can be maintained and established. He (PBUH) preached Muslims to live with peace and unity and to avoid quarreling, picoting, to be divided in sects and to become enemies with one another, while for interfaith peace building, He (PBUH) taught and provided many examples to promote religious tolerance and interfaith pleasant relations and harmony. The contemporary requirements of a peaceful society are to follow these teachings of Islam with true letter and spirit and to apply them in the society, so that the world can enjoy peace and protection and avail a pleasant and peaceful atmosphere for an excellent living. This article focuses on these aspects of Islam for peace building. In short, Islamic teachings provide the best solutions for peace building in society that are applicable and effective in contemporary era also.

Key Words: Source, Religious, Peace building, Interfaith, Seerah, Sects, era

ICPB-23-91
Literary Landscape on Peace-Humanism Nexus: Approaches To Peace In Post-War Literary Narratives

Izza Bajwa
University College of Art and Design, and PIFD

Abstract

Literature and literary texts are a means by which society imagines itself, and their analysis can act as an advocate for peace due to its attribute of being an agent for positive social change. Such texts propagate universal values of peace by disseminating respect for individuals and community life, justice, and injustice, alongside liberty while upholding social values, solidarity, and tolerance. Literature, particularly Semi Fictional or Fictional stories act as simulations, with readers developing empathy for war affectees, its repercussions, and the consequential establishment of an anti-war or peace building narrative. This research aims to investigate the contribution of literature in the propagation of a culture of peace through stories. Such narrations act as repositories of wisdom, indigenous insights about the roots of conflict, and ways of addressing them in peace building, including socio-economic and sociocultural dimensions. This paper analyses works of literature, including the Slaughterhouse-Five by Kurt Vonnegut Jr, as a narrative of global anti-war or peace building narrative. From the South Asian literature, an analysis of Burnt Shadows by Kamila Shamsie provides regional context depicting factors such

as clash of culture, heritage, ideologies, and aspects that hinder peace building. In the context of literary approaches to peace and extensive literary culture, this research yields insights, global or indigenous, into establishing lasting peace. It does so by means of propagating a culture of awareness, societal evils, contradictions, and empathy. It also provides the basis for reading and discussing the ethos that would promote understanding, awareness-raising, and intercultural dialogue. The investigation will also aim at the cultivation of literature, its propagation, and its promotion as a valuable tool in peace building.

ICPB-23-92
Need For A Paradigm Shift: Analysis Of Hybrid Approach For Peace Building In Afghanistan Under Taliban Control
Aliya Talib, Tabita Victor
Kinnaird College for Women Lahore

Abstract
In a world scarred by crises and conflicts, peace is essential. Continuing war and violence in Afghanistan have affected and brought suffering to all parts of life. There had been widespread human rights violations, destruction to the economy and infrastructure, as well as a complete thawing of the social and cultural life of the nation. The Taliban overthrew government in Kabul resultantly foreign occupation withdrew after two decades of conflict that thwarted a superpower and significant areas of territory fell into control of Taliban in August, 2021. A transformational approach is needed to get the country out of its terrible, bitter situation because of the implications of ongoing conflict and political instability. This approach is peace and understanding. The Afghan crisis can only be resolved fundamentally and sustainably through peace. There is an urgent need for a radical shift and inclusive strategy, or hybridization of peace, where local and international actors work together to better find peace in a destabilized Afghanistan. Old approaches for promoting peace tended to be top-down. Without taking into account Afghan history and culture, US-led, western styled liberal peace building efforts could not bring about the desired peace and stability. The objective of the study is to analyze the need for a paradigm shift and urge for a hybrid approach for peace building process under Taliban control. Methodology of the study includes content analysis of existing and hybrid approach to bring peace in Afghanistan Data collected through secondary sources will be analyzed through content analysis. Theoretically John Paul Lederach's pyramid Model of peace building is incorporated that explores the roles of top-level, mid-level, and grassroots leadership. The study concludes urge for an adoption of hybrid approach to bring peace and stability in Afghanistan and suggests few key components of strategic peace building to integrate into any plan.

ICPB-23-93
Effectiveness of Acceptance and Commitment Therapy in Improving Cognitive Fusion and Experiential Avoidance in Depressive Patients

Isra Sarwar, Dr. Ayesha Majeed
Government College University (GCU), Lahore, Punjab, Pakistan

Abstract

The present study aimed to check the efficacy of acceptance and commitment therapy (ACT) in improving cognitive fusion and experiential avoidance and ultimately in reducing depression in depressive patients. Pretest posttest control group, quasi experimental research design was used. Participants were recruited through purposive sampling technique. 20 patients with major depressive disorder were included in the study. 10 participants were put in experimental group and 10 were put in control group. The age range of the participants was between 18-63 years. Experimental group was given acceptance and commitment therapy. Wilcoxon Sign Rank Test was employed for within group analysis and Mann Whitney Test was employed for between group analysis. Post therapy assessment showed the efficacy of acceptance and commitment therapy (ACT) in reducing cognitive fusion (Z=-2.807, p<.005), experiential avoidance (Z=-2.805, p<.005) and ultimately in reducing depression (Z=-2.805, p<.005) in experimental group as compared to control group. Between group analysis revealed that scores of depression (U=1, Z=-3.71, p=.000), cognitive fusion (U=6, Z=-3.34, p=.000) and experiential avoidance (U=15, Z=-2.66, p=.007) were lower in treatment group as compared to control group at posttest level. In future, present research will provide a new flexible therapeutic way to increase psychological flexibility in order to reduce psychopathology.

Keywords: Acceptance and Commitment Therapy, Cognitive Fusion, Experiential Avoidance, Major Depressive Disorder, Patients

ICPB-23-94
Impact of Social Media Addiction on Violence and Aggression in Young Adults

Shazia Aziz, Dr Farzana Ashraf, Ayesha Waseem
COMSATS University Islamabad, Lahore Campus

Abstract

Social media usage has been increasing rapidly in the world and people spend over 700 billion minutes per month on social media. Approximately, 94 percent of undergraduates use social

media to keep social ties among themselves. In many cases, its use rises to the extent of addiction which may have minor to serious consequences including environmental withdrawal, negative impact on social life, impact on performance, aggression, and violent behavior to name a few. This study was conducted on two hundred undergraduate students enrolled at a public sector university in Lahore, Pakistan to find out the association between social media addiction, violence, and aggression. The participants selected through convenient sampling included male and female students equal in number (n=100), aged 19- 25, and enrolled in different undergraduate degree programs including Media and Communication, Psychology, Engineering, Computer Science, and Pharmacy through a convenient sampling strategy. Social Media Addiction Scale (SMAS), the Revised Attitudes towards Violence Scale (RATV), and The Buss Aggression Questionnaire (BAQ) were used for data collection. The findings revealed that violent attitude increases aggressive tendencies and vulnerabilities which are further mediated/ enhanced by social networking addiction. The research findings offer implications and recommendations for socialists, psychologists, academicians, and policymakers.

Keywords: social media, addiction, social media addiction, violence, aggression

ICPB-23-95
The Clash of Religious and Scientific Forces and Their Underlying Ego Problem Leading To Intolerance in the Book "The Geometry Of God" By U.A Khan.

Muhammad Fahad, Dr. Aasia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract

The Geometry of God (2008) is set in Pakistan depicting the intolerance among Islamic and Scientific minded groups of people. The novel revolves around bold and outspoken Zahoor challenging the fundamentalists' view of reality, and the extreme response of religious people against him. The present paper attempts a textual analysis of the novel in the light of Carl Jung's concept of ego death,--in psychological world known as psychic death. The idea postulates that separating of the self from the subjective lens of the reality and in extension separating one from the held opinions. Throughout the novels we will see both religious and secular forces mindlessly throwing arguments against each other seemingly to satisfy their egos. Zahoor depicted quite bold appears to have mindless approach when it comes to introducing "scientific principles" in the Muslim world, by condescendingly looking down on religious people. So, this paper relate into Carl Jung's concept non-attachment or non-identification with the self or

opinions held, and how it can bring tolerance in the Muslim Word whether it be Pakistan, Turkey or any country for that matter.

ICPB-23-96
A Shift from National security to Human Security: With Special Reference to Pakistan

Dr. Syed Iazaz Ahmad Bukhari,
The Kinnaird College for Women University, Lahore, Pakistan

Abstract
Security has been and will remain the most significant area of concern in International politics as well in National Politics. The study states that in Pakistan there is a shift from National Security to Human Security. In this regard, the main objective of the study is to analyze the factors under which a shift from national security to human security has become a reality. Qualitative research design has been used to collect Primary data through semi-structured interviews from the concerned random samples, while secondary sources have also been used where needed. The study also has analyzed of the literature collected from the concerned institutions. This study finds out that the states in a dilemma to adopt new security paradigm by updating their structure but still keeping them intact with the conventional one. This study has highlighted the shift in the security approach from a state centered to a people centered approach i.e. National Security to Human Security. It also analyzes the problems a state faces while adjusting to new changes. With reference to Pakistan, the study makes an analyses for what is the country's security needs and how well have the state addressed it. The analysis of the literature obtained from the concerned institution helps to reach a solid conclusion that Pakistan has experienced a shift from national security to human security. As through findings and analysis, it has been realized that Pakistan still sticks towards the state centered approach even at the cost of human development. The study recommends that Pakistan must have to prefer a comprehensive Human security system over National Security System as a new approach.

Causes of Increasing Divorce Rates in Young Adults in Pakistan a Qualitative Study

Khalida Rauf, Muhammad Ahmed
Federal Urdu University of Arts, Science & Technology, Department of Psychology

Abstract
The objective of this study is to find out the leading causes of increasing divorce rates in young adults Qualitative Interview based questions were asked from participants regarding the causes of divorce among them. The sample size consist of 30 participants (N=30) from both genders (15 males, and 15 females) aged 18 to 30 years. Participants were taken using purposive sampling techniques belonging different Families of Karachi from 4 district wise family courts of City court Karachi. Responses were analyzed through content analysis using NVIVO 10 and response frequencies were calculated to know the most prominent cause of divorce in young couples as well as differences between demographic groups were analyzed. The research results revealed that most prominent causes of divorce were Temperamental differences, financial issues, In-laws involvement, Love Expression Problems, Views on In-laws, Violence, Intolerance Problem, and Completion of Expectation Problems. Most of the problems were reported by lower and middle Socio Economic groups, lower educational groups, females, and mixed results for other demographics in accordance to the causes of divorce in young adults. The study has important implications for the prevention and awareness regarding the causes of divorce, mass campaigns should be introduced in the society for conflict resolution.

Keywords: Divorce, Young adults, Demographics, Content analysis, Response Frequencies, Conflict Resolution.

Social Taboo: Use of English for Euphemism in Pakistani Films

Zonaira Shabbir, Dr.Asia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract
Language depends upon many aspects that can be societal and situational while taboos, induced by society, affect the language. One must avoid taboos in society to maintain positive image while taboos go from society to society as every society contains different taboos. There is majority of Muslims in Islamic Republic of Pakistan that is why many social taboos exist including divorce, nudity, homosexuality, transgender people, using high tone and significantly more. To maintain positive face in society speakers use euphemized language. The researcher

has collected utterances and taboo words spoken by characters of two [Last Name] 2Pakistani films (Shanakht, Vespa Girl) released in 2019. Utterances and taboo words are transcribed by researcher as well as theory of Battistella (2005) is used. Twenty-two taboo instances, extracted from films are used for the present study. The findings show that the speakers in Urdu movies of Pakistan partially or completely switched to English language for mentioning taboo topics and objects. This research is limited to two films released in 2019. It I further suggested to do research on major level.

Key Words: Euphemism, Pakistani films, social taboo, language, Transcription

ICPB-23-99
A Randomized Controlled Trial of a Forgiveness Intervention Program with Female Acid Attack Survivors in Pakistan

Dr. Rabia Iftikhar, Zaineb Haroon
Government College University, Lahore

Abstract

Despite the traumatic effects of acid violence on its victims, treatment options are very limited. The present study was aimed at examining the efficacy of a forgiveness intervention with female survivors of acid attack violence in Pakistan. Female acid attack victims in Pakistan were randomized to either a forgiveness group (n = 8) or a treatment-as-usual (TAU; n = 8) control group. The forgiveness group received twice a-week forgiveness sessions for 4 months, whereas the TAU group either received typical psychological treatment sessions for acid attack victims or no treatment. All participants were assessed on their levels of forgiveness, anger, anxiety, depression, and hope four times prior to the 4-month intervention period, twice after the intervention period, and once at the 1-year follow-up. Post treatment, the forgiveness intervention group showed greater improvement in hope, anger, anxiety, and depression when compared with the TAU group. Upon further examinations, both groups improved on forgiveness from pretreatment to post treatment, but the forgiveness group had a higher baseline. From pretreatment to the 12-month follow-up, the forgiveness group, when compared with the TAU group, showed greater improvement in all areas except for depression. This is the first study that examined the effects of a forgiveness intervention for acid attack victims in Pakistan. Results showing the improvement post treatment as well as over a 1-year period post treatment are encouraging.

Keywords; acid attack victims, forgiveness, intervention efficacy, Pakistan, vitriolage

Conceptualization of Social Capital in Mental Health Context among Adolescents And Adults

Sabeen Shamsher,Professor Dr. Rabia Khawar, Dr. Rizwana Amin, Professor Dr. Imtiaz Ahmad Dogar, Ms Hira Ahmed, Mrs Azra Aziz,& Ms Samavia Hussain

Government College University Faisalabad

Bahria University, Islamabad

District Head Quarters and Allied Hospitals, Faisalabad

National Institute of Population Studies, Islamabad

Government College University Faisalabad

Abstract

Social capital has been characterized as the glue that holds societies together. Putnam (2002) defined it as "features of social organization such as networks, norms, and social trust that facilitate coordination and cooperation for mutual benefit". The current research intended to conceptualize the construct of social capital especially within the context of mental health using qualitative investigation. Semi-structured interviews were conducted with experts (n = 14) in the field of psychiatry, psychology, sociology, economics, and business administration. Social constructionist thematic analysis was used to analyze the data. Experts' reflections resulted in 4 overreaching themes namely, formation of social capital, social capital in Pakistan, Pakistani youth and social capital, impact of social capital on mental health. Major themes of formation of social capital included structure of social capital, features of social capital, strength and quality of social connections and, capacity and utility of social capital. Pakistani social capital included sub themes of qualities of social capital, challenges to social capital and investment in social capital. Pakistani youth and social capital included sub themes of factors affecting social capital in children and adolescents, and utilization of social ties. Impact of social capital on mental health included sub themes of improving well-being, addressing social inequalities and mental health problems and mental illness. This research proved to be a valuable addition in literature especially respect to social capital. Conceptualization of SC in Pakistani context is discussed for social and psychological implications. Finding of the following study would be helpful to generate indigenous tool to measure social capital.

Key Words: Social Capital, Social Connections, Mental Health, Thematic Analysis, Investment

Escapism in the popular cinema: Linguistic analysis

Sikander Khan Gandapur, Dr. Aasia Nusrat
COMSATS University Islamabad Lahore Campus

Abstract
This research proposes to extract various linguistic elements in the dialogues of popular cinema and analyze them through the lens of an escapist philosophical and semantics framework (Theory of imagination and Ideational theory of meanings). The study aims to break the stereotype that the popular cinema is all about attraction and sexual personalization. Additionally, the study will remark upon the broad distinction between reality and imagination that is part of our everyday cultural discourse. Escapism is really significant in the contemporary world of today, as we are surrounded by materialistic objects which do not have any value. The meaning of true love and compassion are just fading away. Living in an escapist world is not about cutting ties with the objective reality, it's more about creating a world which has no limitations and free from material aspects. In fact it is more about creating a better world in imagination and taking the concept to transform the objective world. A qualitative research approach will be adopted for this proposal. This research is sought to understand meaning in the dialogues from escapist view point, in the works of various popular cinema directors. The approach requires an attempt to achieve a sense of the meaning that others can give to their own situations. The data collected in a qualitative way, which includes dialogues of films and speech acts being displayed by various actors. All in all, it can be concluded, that this research study will contribute in breaking away the stereotypes of the society that the current cinema is only about the glamour and sexual objectification. Escapist elements are there for the taking, which creates more meaning to the life then the so-called objective realities.

Keywords: Imagination, Escapism, Ideational theory

Representation of Social Class in the God of Small Things by Arundhati Roy

Usama Waleed, Dr. Aasia Nusrat
COMSATS University Islamabad,

Abstract
Literary work represents the class difference in the social life. Class difference is particularly present in the social life such as in India. This class difference has impacts as represented in The God of Small Things by Arundhati Roy. The aim of this study is to reveal depiction of character,

class difference and impact of class difference on their social life. The God of Small Things text is used as the main data source. Karl Marx theory of social class is applied to solve the problem statement. The class difference of the characters is analyzed using the definition of class difference and supported by its aspects. The main characters are divided on the basis of their education, wealth and occupation. These characters portray the upper class: Pappachi, Mammachi, Chacko and Baby Kochamma. These characters portray the lower class: Velutha, Ammu, Estha and Rahel. This class difference has great impact on the character & life such as their education, health (physical and mental) and way of living. This study portrays the problems caused by the social class which is uprooting in India. This class difference is also the cause of down fall of the characters such as Ammu. These characters face the problems in their social life due to the class difference.

Key Words: Social Class, Class difference, Society, India

ICPB-23-103
Prevalence of teacher's bullying among male and female university students and their use of coping strategies in response to teacher's bullying

Dr Anila Mukhtar, Dr Safia Uroojm Ms Hafsa Tahir, Ms Sarah Khan
University of Karachi

Abstract

Most of the existing literature on bullying has focused on peer-on-peer school bullying or work place bullying. Bullying by teachers has received little attention so far therefore the present study aimed to: 1- explore the prevalence of bullying and its types by university professors among male and female university students. 2- Find the gender difference with reference to types of bullying and use of coping strategies as a response to Teacher's bullying. Through multistage sampling including stratified and convenient sampling method a total of 240 students (M=120, F=120) were recruited from all faculties of University of Karachi. As research tools, two standardized scales were used namely Student Perception of Professor Bullying Questionnaire (SPPBQ) by (Marraccini, Weyandt & Rossi (2015) and Coping Inventory Stress Scale (CISS-21) by Calsbeek et.al (2006). Statistical analysis of One-way ANOVA and t-test showed that academic bullying was significantly more prevalent than physical bullying and personal bullying whereas, contrary to previous research, males and females were found to be equally bullied. Lastly, no gender difference found with reference to use of coping strategies in response to teacher's bullying.

ICPB-23-104
The Role of Islamic Research Institute (IRI) in Promoting Peace and Countering Terrorism: National Narrative of Pakistan

Dr. Muhammad Atif Aslam Rao
University of Karachi

Abstract

This paper aims to study the role of the Islamic Research Institute (IRI) of International Islamic University, Pakistan in promoting peace and countering terrorism. This is a collective endeavor to locate national thought from various Pakistan institutions, organization, religious bodies and scholars. The national narrative of Pakistan in this regard is a combination of opinions and contributions practically considering the current context vis-à-vis the international scenario for possible action endorsing peace and countering terrorism. This study concludes that although this struggle chronologically happened slightly in different spans of time all these factors may be called an important reason and cause to launch of this campaign at universities. Paigham-e-Pakistan (The National Narrative of Pakistan) is one of the important events of this chain at the university level rectifying various misunderstandings and delivering sound and peaceful thought regarding numerous fundamental issues in this in the light of Qur'ān and Sunnah. This paper highlights the objective of the existence of Pakistan, inwardly in relation to its nation with peaceful living tempo as well as outwardly towards global situation playing an excellent role for the world around in the light of the national narrative of Pakistan. It is also recommended that this struggle concerning academia for amelioration should be continued periodically with key points from the bottom to the top level in different institutions of Pakistan.

ICPB-23-106
Peace Education & Peace building In Mainstream Education System In 21st Century

Dr. Tayyaba Zarif, Dr. Safia Urooj, Dr. Rizwana & Dr. Wahaj Muhammad Khan
Shaheed Benazir Bhutto University,
University of Karachi

Abstract

Globally human societies battling with diverse challenges from socio-cultural apprehension to the wave of religious extremism & conflicts consequently it is a quite high time for human societies and its stakeholders to come up with the possible applied framework with solutions to face these challenges. The one of specific solution is to aware the new generation by educating them to adopt positive attitude to resolve the issues of conflicts. Keeping in view above there is a need of peace education and Peace building in mainstream education system in 21st century at higher education levels. The primary objective of current study was to explore the perception of senior University teachers as internal stake holders of education system regarding the need of Peace Education & Peace building in mainstream education system in 21st century at higher education level specifically. The population was public sector Universities of district Shaheed Benazirabad while sample was thirty percent randomly selected senior teachers of three departments. The data was collected with the help of questionnaire which was structure on five point likert scale. The data was analyzed accordingly. The study revealed the different aspects regarding the peace education and peace building in 21st century. The findings recommended that give the high importance to peace education in mainstream education system.

Key words: Peace Education, Peace building, Mainstream Education System, Integration, 21st century.

ICPB-23-107
Educating Forgiveness Therapy in Reducing Anger and Depression in Transgender

Dr. Rabia Iftikhar & Shehreen Asim
Clinical Psychology Unit, Department of Psychology
Government College University, Lahore

Abstract

The present study aimed to inquire about Educating Forgiveness Therapy in reducing Anger and Depression in transgender. This sample was chose as this is a sensitive population. The research

design and strategy was true experimental study with random assignment. The sample taken was N = 30 transgender. The study was therapeutic intervention based. Pre testing was done for 3 times with complete sample N – 30 with the age range of 25 to 60 years. First the pre assessment and testing two groups were made based on the scoring on psychological tools. After the therapeutic sessions post testing was done with both groups respectively to analyze the results and improvement and differentiating scores between the sample groups. The tools used in this experimental study were Enright's Forgiveness Inventory (EFI-30, Enright & Rafique, 2014). The Clinical Anger Scale (and Patient Health Questionnaire were selected for this study. The on Forgiveness Inventory results revealed increase in the forgives ability, on Clinical Anger Scale there was noticed a minimization of anger and on Patient Health Questionnaire the experimental group showed decreases in their depressive tendencies respectively. Comparisons were analyzed and revealed the effectiveness of Forgiveness therapy in reducing anger and depression in transgender.

ICPB-23-108

Depression, Anxiety and Stress in Pakistani Juvenile: An Unidentified Risk to Mental Health

Muhammad Tahir, Dr Farzana Ashraf
COMSATS University Islamabad
Abstract

Objective of the study was to explore the presence (prevalence and co morbidity) of depression, anxiety and stress symptoms in juveniles. we studied 140 juvenile's ages from 11 to 18 (M=15.94, SD=+1.67) from four jails of province of Punjab from June 2018 to July 2018. Demographic sheet and Depression, Anxiety, Stress Scale (DASS-21) was used to assess the participant's level of depression, anxiety, and stress symptoms. The data was processed for analysis by using SPSS version 20. Results demonstrated high prevalence of extremely severe symptoms of depression as31%, stress as 17% and anxiety as 57%. Moreover, co morbidity of excessive severs symptoms of anxiety and depression was 27%, stress and depression 16% and stress and anxiety was 57%. These high ratios are alarming for juvenile population specifically from the perspective of their mental health condition which consequently sabotages the efforts to make them an adjustable individual to this society.

Keywords: Juveniles, depression, anxiety, stress, Pakistan

ICPB-23-110
In the Abyss of Structural Violence: Manifestation of Peace Crises in Nemrah Ahmed's

Musfira Tayyab
University of the Punjab

Abstract

The aim of the research is to trace the patterns of the structural violence embedded in Nemrah Ahmed's novel Namal. Namal is a novel based on the cycle of revenge that is initiated, and catalyzed, by the dynamic loopholes in the law and justice system of Pakistan. The objective of the research is to locate the tremors that affect the lives of individuals in the absence of positive peace in society, as portrayed in Namal. The research signifies the positive peace as anchor that keeps the society, and its members, safe from violence, personal revenge and the forced entanglement in the illegal activities. It takes into account the psychological confrontation of characters as well as the Islamic connotations embedded in the title "Namal" which means "the ants". The researcher substantiates that the individuals of a society are "the ants" who rise, and react, against the systematic tyranny and structural violence, and consequently, wreak the havoc and terror in society. The primary source for the study is Nemrah Ahmed's novel Namal while the secondary source is Johan Galtung's approach to peace studies. It is a qualitative and inductive research, based on the grounded theory pattern. The research fills the gap of peace studies in Pakistani popular fiction as it focuses on characters' psychology, religious choices and the battle of revenge from the lens of peace studies. Future researchers can explore the positive peace crises in Pakistan which is exhibited in the Pakistani popular fiction including Umera Ahmed's novel Amarbail.

Keywords: Peace, Popular Fiction, Structural Violence, Pakistani Literature, Ants, Revenge

ICPB-23-116
Power Politics and Elselessness in the Golden Legends

Nadeem Aslam., Ghanwa Parveen, & Dr. Aasia Nusrat
COMSATS University Islamabad, Lahore Campus

Abstract

This research is designed the tyrannical role of power politics and elselessness in The Golden Legend (2017) by Nadeem Aslam. This study was done on class consciousness of capitalism

class. This research analyzes the class struggle of working class society portrayed in Aslam's The Golden Legends. This research investigate how the members of consumer society commodity all things and attach value to lower class. This research helps to explore negative use of power on society and control of authority on the life of common people of their society. This research explores the control of government over the life of their people. The type of social system in which some powerful norms and principles make the life of people robotic, people could not live their life according to their own will. The focus of the narrator is to expose the corruption of powerful people that how they suppress the poor and throw them away from society, and while live in society they feel elselessness. The study throws light on the techniques of power politics including manipulation and fear and their impact in turning the direction of characters faith. This study based upon the theory of Marxism. Capitalist society in The Golden Legend highlights a number of powerful ways, primarily through oppression by materialistic society. This work discusses the ideology of capitalism that works successful in higher social class where bourgeoisie rule on proletarians. This research I based on the qualitative analysis of the text. This study evaluates the failure of political leadership and institution of democracy and shows the layers of society.

Keywords: power politics, class struggle, oppression, ideologies.

ICPB-23-117
Translation and Peace: The Impact of Wrong and Faithful Text Rendering
Dr. Shair Ali Khan
International Islamic University Islamabad

Abstract
Translation of text is a cross-cultural, cross-linguistic and complex activity. Since the confusion of languages as a result of Babel tower in the valley of Shinar in the ancient Mesopotamia, it remains the main source of cross-communication among the communities. The great confusion of languages gave birth to oral and later on written translation. Since then all the trade caravan, religious personalities and communicative process were linked with the translators, interpreters and message mediators. That is why Bible called the Prophets as the Translators of God. The process of rendering the words in another language is not as simple as it is considered due the metaphorical, linguistic and cultural voids. Japanese are still bearing the impact of wrong translation of the words of Japanese Kind Suzuki during World War II, when the American forces asked for surrender. Afghanistan is the recent example that hasin way of progress due the wrong translation of Usama Bin Laden Video. The False translation of Quran into Latin language rendered in 1143 AD by Robert of Ketton under the Project of Peter the Venerable has till date the influence of on the Europeans as they consider the Quran the word of Muhammad.

The name of that Translation was (Lex Mahumet pseudoprophete) "Mohammat the Pseudo Prophet". This translation influenced George Sale and A. J. Arberry and other western scholars due to which we see the hate move in all those countries. Due to wrong translation of Islamic teachings we see westerners are creating new terms such as "Islamophobia". We did not see "Chritianophobia", Hindo-Phobia, Bhudio-Phobia, and above all "Israelo-phobia". Why? This is a big question. Behind the answer there will be wrong translation, wrong depicting, wrong rendering of text relating to Islam. This study aims at finding out the role of faithful translation in peace building and the influence of wrong translation in human life. This is a qualitative research with theoretical framework of manipulation in translation. The results will show the importance of faithful rendering of texts specially the cultural, religious and political text

Keywords: Translation, Peace, Wrong translation, Faithful translation, manipulation

ICPB-23-118
Regional Impact of Sectarian Violence and Role of Afghan Taliban

Dr. Adeel Irfan
Minhaj University Lahore

Abstract

The present study examines the unforgettable internal rivalry of Muslims, its regional (Afghanistan, Iran, and Pakistan) impact, and future perceptions of that rivalry in the current turmoil situation of Afghanistan. The upsurge of Tehrik-e-Taliban Afghanistan (TTA) and the institution of its government in Afghanistan have imposed various challenges on neighboring countries especially the clouds of the Sunni-Shia conflict in the region. The shocks and aftershocks of internal Afghan unrest and its spillover effects will be felt in neighboring countries i.e., Iran, and Pakistan. The extremist stakeholders in Afghanistan like AQIS, TTP, and Islamic State could exploit the current situation into the Sunni-Shia conflict, which resulted in social movements on sectarian beliefs in the region, as witnessed in the Middle East. The theory of political opportunity and social movement would be helpful to elaborate and understand the further designs of the regions. The present mismanagement and seclusion of Afghan politics, the role of rough power of Tehrik-e-Taliban Afghanistan, inexperienced management of TTA, and social and political crisis, could offer off-the-rack circumstances for Sunni-Shia conflict. This structural conflict between Muslims would be provoked by global & regional jihadi organizations. The fundamentalist global and transnational forces of the region have the capacity to drag the region into the Sunni-Shia conflict similar to the Middle East. This is the prior responsibility of the political, religious, and military leadership along with intelligentsia and other regional stakeholders to save the region to become the next cauldron for the Sunni-Shia conflict. This requires a comprehensive analysis of the root causes of conflict, social acceptance

of fundamentalism in the region, and ongoing division on the basis of sectarianism among Muslims.

ICPB-23-119
Exploring Prevalence of Teacher's Bullying Among University Students And Its Coping Styles In 21 St Century

Dr. Anila Mukhtar, Prof. Dr. Safia Urooj, Dr. Wahaj Muhammad Khan
University of Karachi

Abstract

The present study aimed to exploring prevalence of teacher's bullying among university students and its relationship with genders' and coping styles in 21stcentury. The study have been signified the importance of teacher's behavior and its impact on students coping style as a key factor to improve their mental health. The population of this study consists of all public sector university students of Pakistan and target sample have been selected 240 students, equal number of males and females, from University of Karachi were recruited from all faculties of the institute trough random sampling. For data collection two standardized scales were used, namely, Student Perception of Professor Bullying Questionnaire (SPPBQ) and Coping Inventory Stress Scale (CISS-21).Translation of difficult words was provided in the survey form for maximum understanding of. The calculations of the t-tests showed that academic bullying was significantly more prevalent than physical bullying. Contrary to previous research, males and females were found to be equally bullied. Lastly, no gender difference was found in coping strategies of bullied victims. Furthermore, university administrations should be made aware of such studies and their results for better policies and their implementation for the growth of both students and teachers fulfill 21st century needs. It is recommended that university administrations should be made aware of such studies and their results for better policies and their implementation for the growth of both students and teachers.

ICPB-23-127
Self forgiveness, happiness and flourishing

Aqsa Suhail, Ali Imran, Naumana Amjad
NUR International University

Abstracts

The current study investigated the phenomenon of self-forgiveness in relation to happiness and flourishing among young persons. It was hypothesized that self-forgiveness is positively correlated with happiness and is a predictor of happiness, while domains of flourishing (Happiness- Life satisfaction- and character-virtue) are predictors of self-forgiveness. 100 participants from age 18-30 years (50 males and 50 females) responded to questionnaires on self-forgiveness, flourishing, and happiness; Heartland Forgiveness scale (Thompson, Synder, Hoffman) Subjective Happiness Scale (Lyubomirsky &Lepper) and Flourishing Index and Secure Flourishing scale (VanderWeele). Self-forgiveness was positively correlated with happiness and happiness is positively correlated with all domains of flourishing except material and financial stability. Self-forgiveness was a significant predictor of happiness while one domain of flourishing, character and virtue came out as significant predictor of self-forgiveness. The study has implications for counseling practitioners. The most significant learning is that our character and virtues are linked to our self-forgiveness and this in turn predicts our happiness. So, people should learn to pardon themselves. The research also replicated what many studies have proved before; happiness is not related to money or material stability.

Keywords: Self-forgiveness, Happiness, Flourishing, young adults

ICPB-23-128
The mind and the space: narrative of a yogi

Uswa Amjad
Architecture Department, Comsats University Islamabad, Lahore

Using a visual and experiential medium, the presentation describes how mind goes through stages of upheaval and calmness through practice of mindfulness and body-mind harmony. It takes the audience on the journey that narrator went through; seen and felt powerfully needing little description.

Why peace in family is important: a systemic family therapy approach

Maryam Suheyl
Nur International University

Abstract

The talk presents family therapy perspective on relationships that exist in families and how these impact upon individual members. Systemic approach is described from outer to innermost entity; society, community, family and individual. Case studies are used to illustrate types of relationships within family. Principles of balanced relationships are explained and features of harmonious families are highlighted. Family therapist views family as an emotional unit and works with what's going well in family and joins family members in bringing about changes in communication and behaviour that brings peace and harmony.

Handling Difficult Situations at Workplace: Story of a Training Project Turned Activism for Change

Maryam Suheyl Umar, Naumana Amjad

NUR International University

In April 2014, we were asked by a service provider company to plan and carry out intervention for their employees who were facing violence from consumers. In learning-need analyses through focus groups, surveys and interviews, day after day, group after group, we heard in disbelief how employees responsible for distribution of electricity faced threats, insults, mob attacks and assaults from consumers on a regular basis. It was hard to decide whether the violence was more appalling or the complacent acceptance of it? There was significant job dissatisfaction if not distress among technical staff and need for empathy and support from team leaders. How could we possibly make a difference? We planned to equip these 1200 hardworking citizens with skills in dealing with trauma, assertive communication, risk assessment, conflict de-escalation, mob safety, and stress management. The training project, completed over 6 months, was evaluated with highly satisfactory feedback but could we leave?
Karachi, a city torn by bad governance, civic decay, crime and combatant political groups is the huge cultural and commercial hub of our country and home to highly civilized people. Overwhelmed by the enormity of issue and inspired by the amazing resilience and resourcefulness of this community, we devised an implementation plan for violence

condemnation media campaign, legal and safety procedures, organizational care and listening, and consumer education. The training process and recommended action plan are presented along with a model showing complex dynamics between stakeholders in this conflict.

Key words: Conflict de-escalation; consumer education; organizational practices; training

ICPB-23-131

Changing Reasoning about Aggression Can Reduce Victimization And Behavioural Intentions; Report On Two Studies

Naumana Amjad, Alex Wood, Martin Skinner
University of Warwick, UK

Abstract

An experimental study was conducted to test if discussion of shared norms about aggression in the classroom could produce a change in normative beliefs sanctioning aggression towards other children. 35 children of grade 5 (mean age 11.5) answered questions on scenarios of interactions between children that illustrated teasing, victimizing or name calling. Class room discussions took place on whether each act was wrong or right and how the victim felt. Beliefs about aggression were tested before and after the classroom discussions. There was a significant decrease in post-test beliefs about aggression. There was also a temporary reduction in complaints of fighting among children as reported by the teachers. Most of the children understood moral reasons for refraining from teasing, backbiting and being nasty. The problem solving strategies suggested in the class discussions by the majority of children were also either intervention from adult or mild retort rather than strong retaliation. Some children were not clear why an act was wrong although they knew it was wrong. The second study reports a an experiment using within-between group design. Hostile beliefs were measured in control and experimental group. An educational intervention sharing human stories was given to experimental group but not control group. The young adults in experimental group (but not control group) demonstrated reduction in aggressive intentions towards members of other religious group after intervention. Extremist beliefs about other religious groups were found to be related to aggressive intentions.

Key words: extremist beliefs; victimization; moral reasoning; problem solving; prejudice, intervention

ICPB-23-134

Validating Enright Forgiveness Inventory (Brief Version)
Iffat Batool, Robert Enrigh, &Anam Naeem
Government College University Lahore, University of Wisconsin Madison

Abstract
 This present study reports the process of item reduction of the Enright Forgiveness Inventory – EFI, a measure of interpersonal forgiveness, from 60 to 30 items for a more practical assessment of this construct. Data from the US were used in the creation of the new measure and applied to seven nations including Pakistan. The question was: do the best EFI-30 items from the US have discriminative power in seven other cultures? Results provided the psychometric evidence for the reduced version of the EFI-30 across cultures. The discrimination values are positive, suggesting that the selected items have the sensitivity to differentiate accurately people with different degrees of forgiveness and good psychometric properties of internal consistency. This study has its implications in the domains of clinical, counselling and positive psychology and to assess promote and polish the skill of forgiveness to promote peace and resolve the conflict in conflict zones of the world.

Keywords: Enright Forgiveness Inventory (EFI), interpersonal forgiveness, forgiveness assessment, counseling for forgiveness

ICPB-23-135

Gender, Age and Culture Based Differences in forgiveness: Scientific Review

Dr. Nasreen Akhtar & Dr. Iffat Batool
Department of Psychology, Govt. College University Lahore

Abstract
Studies have indicated mixed findings regarding the gender differences in forgiveness. A study found that men have stronger initial responses to forgiveness prompts than women (Root & Exline, 2011). Other studies have found that forgiveness is "a more manifest subject in everyday life" for adult women (Ghaemmaghami, Allemand, & Martin, 2011, p. 192). With reference to age differences in forgiveness, most studies found that the older you are, the more willing you are to forgive and that this tendency to forgive becomes more dispositional (as opposed to situational) with age (Steiner, Allemand, & McCullough, 2011, 2012). Other studies, however, show that as a rule, the number and seriousness of transgressions seem to decrease in older

adulthood. Others had stated that forgiveness may be more common in Eastern cultures as compared to Western cultures and that situational factor and cultural norms (such as a value of harmony) may play more of a role in the likelihood of forgiving in certain cultures as well (Paz, Neto, & Mullet, 2008). Those results showed that "people who are high both in spirituality and collectivistic orientation are highly motivated to forgive their offenders" (Edara, 2015, p. 34). Hook and colleagues (2009) present the concept of "collective forgiveness" (p. 821) and discuss its usefulness in maintaining and repairing relationships that have been ruptured due to some transgression. The findings of this review paper will be helpful in providing forgiveness education and therapy keeping in view the gender, age and culture of the participants.

ICPB-23-136

Bullying, Forgiveness and Psychological Well-being in Early Adolescents
Abstract

The current research project aims to explore bullying, forgiveness and psychological well-beingin early adolescents. The study was executed to assess the association between bullying, forgiveness and psychological well-being in early adolescents.Using a non-probability purposive sampling method, a cross-sectional survey study design wasused to gather data from 400 individuals (212 girls and 188 boys). The participants completed aself-made demographic questionnaire, the Revised Olweus Bully/Victim Questionnaire (OBVQ;Olweus, 1996), the Enright Forgiveness Inventory for Children (Enright, 1993), and the WHO-wellness index (World Health Organization, 1998).The findings showed a strong positive correlation between forgiveness and psychological well-being. Bullying was shown to have a substantial inverse association with both the cognitivedomain of forgiveness and psychological well-being. According to the results of a hierarchicalmultiple regression analysis, which accounted for 11% of the variation, forgiveness was shownto be a positive predictor of psychological well-being and bullying to be a negative one. Groupdistinctions also demonstrated that the research variables were significantly influenced bygender, class, and socioeconomic position. Bullying has an adverse impact on the psychological well-being of adolescents and is the negative predictor of forgiveness. The current study effort sheds light on the problem of bullying in Pakistani schools. The study has ramifications for researchers, educators, and school counsellors.

ICPB-23-137

A Critical Evaluation of Forgiveness Therapy with Islamic Perspective

Muhammad Yunus, Iffat Batool
Lahore High Court, Government College University, Lahore

Abstract

The present conceptual paper is aimed at providing a critical Evaluation of forgiveness therapy in Islamic perspective. The study addresses the importance of forgiveness and the consequences of non-forgiveness/resentment. Without forgiveness, we cannot live a peaceful life**.** For critically evaluating the concept of forgiveness and forgiveness, therapy the literature of Islam from Al-Quran, Hadith, and the lives of the messengers of Allah was addressed. A comprehensive conclusion and major events were discussed in the study, highlighting the importance of forgiveness in Islam. As Muslims, we are supposed to return good against evil **…**"Repel evil with that which is best; we are well acquainted with the things they say." (Al-Qur'an, 23:96). Allah wants us to be forgiveness practitioners …"Those who spend (freely), whether in prosperity or in adversity who channelize (their) resentment, and forgive the offensive people - For Allah loves those who practice goodness." (Al- Qur'an 3:134)**.** Forgiveness promotes cordial relations & understanding, "Nor can goodness and injustice be equal. Repel injustice with that is better: Then will he between whom and you was hatred become as it was your friend and dear." (Al-Qur'an 41: .34). The study provides a strong relation between science and Islam and has its implications in both Psychology and religious studies.

Keywords: Forgiveness, Islamic Perspective, Al-Quran, Hadith, Anger, Resentment

Forgiveness and Moral Self-Image among Young Adults

Anam Naeem, Iffat Batool , Shahrukh Tariq
Government College University Lahore

Abstract

The present study highlighted the relationship between forgiveness and Moral self-image. A qualitative analysis (thematic analysis) was conducted to explore the dimensions of Moral self-image of young adults. A sample of 6 young adults (3 men and 3 women; M= 23, SD=6.7 years) were recruited to subjectively explore the construct. The study resulted in seven major themes: including forgiveness, generosity, tolerance, compassion, integrity, social welfare. A semi-structured interview technique was used to collect the data. The data was analyzed by using Braun and Clark ()'s method of analyzing qaulatative data. 80% of the study participants mentioned forgiveness as a core dimension of their moral self-image, a subjective perception of

their own morality. The qualitative data analysis also provided evidence as forgiveness emerged as a factor in factor analysis of the data and showed high item total correlation with overall scores of moral self-image. This study has its implications in the areas of positive and peace Psychology, counseling and moral development.

Keywords: Moral self-image, Forgiveness, Moral development, thematic analysis

ICPB-23-139

Translation and adaptation of Enright's Forgiveness Curriculum for Grade V

Hiba Inam, Dr.Iffat Batool, Dr.Robert Enright, Anam Naeem
Government College University Lahore, University of Wisconsin-Madison

Abstract

The present study was conducted to translate and adapt forgiveness education curriculumfor Grade 5 (Enright, 2010) in Pakistan. The purpose of the study is to translate forgiveness curriculum in Urdu language and to check its adaptation on students of Grade V. The study was conducted in two phases. In the first phase, Urdu version of forgiveness education inventory for children and forgiveness education curriculum designed for fifth grade by international Forgiveness institute, USA, was obtained by using one way expert method and committee group approach (Carlson, 2000; Hilton & Skrutkowski, 2002; Martinez et al.,2006). The forgiveness curriculum was culturally adapted after being translated in Urdu language. In the second phase, the translated curriculum was validated on a sample of 50 school students of grade V. This helped in improving the mental health of students. The findings showed that newly translated Urdu version of Enright's forgiveness education curriculum for grade V is reliable and valid. The present study has its implication in educational, positive psychology and in promoting peace among society by inculcating the skill of forgiveness among children.

Keywords: Translation, Adaptation, Forgiveness education, Positive and Educational
        Psychology

Rumination, Forgiveness and Self-compassion among Elderly Individuals

Aliya Attique, Dr Bushra Naz
University of Central Punjab

Abstract
Objectives: This study aims to evaluate the relationship between Rumination, forgiveness and self-compassion. The differences in rumination, forgiveness, and self-compassion amongelderly people were also assessed in terms of gender and job status. The research design of this study was cross sectional. A sample of 200 elderly individuals aged above 60 years was recruited through purposive sampling. To collect the data demographic sheet, Ruminative Response Scale-Short Version (Treynor, et al., 2003).Enright Forgiveness Inventory – 30 (Enright, 1995) and Self compassion Scale (Neff, 2003)were administered. Findings divulged that there is a significant negative correlation between rumination and forgiveness and positive correlation was found between forgiveness and self-compassion.Rumination and Forgiveness are significant predictor of self-compassion and explained 18% of variance in self compassion. There are significant gender differences in rumination, brooding and reflection where women scored higher on rumination than men. Moreover, significant mean differences were found in rumination and self-compassion in terms of jobstatus. This study study contributes to a better understanding of elderly people withreference to rumination, forgiveness and self-compassion. The study highlights theimportance of intervention to resolve the problems of elderly people.

Keywords: Rumination, Forgiveness and Self-compassion

Cyber Bullying Victimization, Displaced Aggression and Bullying Behaviour in Social Media Influencers

Shahzarey Ashraf & Dr. Iram Fatima
Institute of Applied Psychology, University of the Punjab

Abstract
Cross-sectional research explored the relationship between cyber victimization, displaced aggression and cyber bullying in social media influencers and general users. Data was collected from 184 participants including 91 social media influencers and 93 general users. It was

hypothesized that cyber victimization would be positively related to displaced aggression and cyber bullying in social media influencers and general users. It was also hypothesized that displaced aggression would mediate the relationship between cyber victimization and cyber bullying. Third hypothesis was about the differences between influencers and general users on the basis of study variables. Cyber bully/victim Scale (Ayaz & Horzum, 2010) and Displaced Aggression Questionnaire (Denson et al., 2006) were used as measuring tools. Pearson product moment correlation, Mediation, moderation and t-test analysis were performed to test the hypotheses. Results of the study revealed that cyber victimization positively correlated with displaced aggression and cyber bullying in both influencers and general users. Findings showed that displaced aggression mediated the relationship between cyber victimization and cyber bullying. However, being social media influencer or general user did not moderate the relationship between cyber bullying and victimization. Social media influencers scored higher in cyber victimization, displaced aggression and cyber bullying than general users. The research explains the cycle of bullying and possible factors and consequences of victimization on social networking sites.

Keywords: Cyber Bullying Victimization, Displaced Aggression and Cyber Bullying

Perceived Parenting, Loneliness and Digital Dating Abuse in Young Adults

Ayesha Maqsood &Shahnila Tariq (PhD)
Department of Applied Psychology, School of Professional Psychology
University of Management and Technology, Lahore, Pakistan

Abstract

The current research investigates the perceived parenting loneliness and digital datingabuse in young adults. It was a correlation study. One Hundred and fifty young adults(women, men) were recruited in this research with the age range of 20-30, (M=23.86,SD=1.85). Snowball sampling technique was used to collect the sample. PerceivedParenting scale (Ryan, et al., 2009), Loneliness Scale (Dussault et al., 2009), Cyberdating abuse (Picard, 2007) was used. Pearson Product Moment Correlation andregression analysis has been computed to find out the relationship and prediction amongperceived parenting, loneliness and digital dating abuse in young adults. Demographicvariable relationship with father and online friends are negatively correlated with digitaldating abuse. Results also showed that there is significant positive correlation betweenperceived parenting, loneliness and digital dating abuse. The relationship

showed thatloneliness increased, digital dating abuse also increased. Hierarchical regression analysiswas used to find out the prediction of demographic characteristics, perceived parentingabout father, perceived parenting about mother and loneliness scale on digital datingabuse. Table showed that in model 1, R2 value is .25 revealed that gender, birth order andno of siblings explained 25% variance on digital dating abuse. The findings revealed thatgender positively predicted digital dating abuse (β=.48, p<.001). In model 2, R2 value is.02 revealed that perceived parenting about mother, perceived parenting about father andloneliness predicted overall 2% digital dating abuse. Independent sample t-test revealedsignificant gender differences in term of digital dating abuse. Men face more digitaldating abuse as compared to female.

Key Words: Perceived Parenting; Loneliness; Digital Dating Abuse; Young Adults

ICPB-23-149

Evaluating Religious Orientation, Behavioural Strengths & Difficulties in Adolescent Girls Studying Across Traditional & Modern Madrassas

Faiz Younas, Ummama Ashraf
Institute of Applied Psychology, University of Punjab, Lahore, Pakistan

Abstract

This comparative study explored the interrelationship between religious orientation, behavioural strengths and difficulties among adolescent girls studying across traditional and modern Madrassas. Following APA-mandated ethical guidelines, 172 (*n* = 86 traditional madrassa, *n* = 86 modern madrassa) adolescent girls (11-17 years, *M*= 13.39, *SD*= 1.80) were recruited through purposive sampling technique in this cross-sectional correlational research. Other than providing sociodemographic characteristics, all participants responded to the Religious Orientation Scale-Revised (Gorush & McPherson, 1989) and The Strength and Difficulty Questionnaire (Goodman et al., 1998). The findings indicated that intrinsic religious orientation had a negative association with behavioural problems including conduct problems, peer relationship problems, emotional problems and hyperactivity/inattention, while a positive relationship with prosocial behaviours. Also, intrinsic religious orientation positively predicted prosocial behaviour whereas extrinsic religious orientation positively predicted behavioural problems. Moreover, adolescents from traditional madrassas showed more extrinsic religious orientation and behavioural problems than those studying at modern madrassas who demonstrated more intrinsic religious orientation and prosocial behaviour. These outcomes have important implications for mental health

professionals, policymakers and researchers focused on educational settings and adolescent development.

Keywords: Extrinsic religious orientation, intrinsic religious orientation, prosocial behaviours, behavioural difficulties, madrassah students

ICPB-23-150
Fear of Missing Out, Phubbing Behavior, Parental Attachment and Social Media Addiction in Adolescents

Tayyaba Noreen & Dr Shazia Qayyum
Institute of Applied Psychology, University of the Punjab, Lahore.

Abstract

This research is aimed to investigate relationship between Fear of Missing Out, Phubbing Behavior, Parental Attachment and Social Media Addiction in Adolescents. The research design used was Correlational Research Design. The sample consisted of N=200 with age range of 14-19 years (M=17.35, SD=1.14) including both male and female. The questionnaires used for data collection were demographic information sheet, FoMO Scale (Wegmann et al.,2017), Generic Scale of Phubbing (Chotpitayasunondh & Douglas, 2016), Adolescent Attachment Questionnaire (West et al. 1998) and The Bergen Social Media Addiction Scale (Andreassen et al., 2012). It was hypothesized that there is likely to be relationship among Fear of Missing Out (Trait and State), Phubbing Behavior, Parental Attachment (Angry distress, Goal Corrected Partnership and Availability) and Social Media Addiction. Secondly, Fear of Missing Out (Trait and State), Phubbing Behavior and Parental Attachment (Angry Distress, Goal-Corrected Partnership and Availability) are likely to predict Social Media Addiction. Parental Attachment (Angry Distress, Goal-corrected Partnership and Availability) is likely to moderate relationship between Fear of Missing Out (Trait and State) and Social Media Addiction and between Phubbing Behavior and Social Media Addiction as well. Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were used to find results on SPSS version 21. It was found that Trait FoMO, State FoMO, Phubbing behavior and Angry-distress were positively correlated with Social Media Addiction. State-FoMO, Phubbing Behavior and Angry Distress predicted Social Media Addiction. However, Parental Attachment (Angry Distress, Goal-corrected Partnership and Availability) did not moderate the relationship between Fear of Missing Out (Trait and State) and Social Media Addiction and between Phubbing Behavior and Social Media Addiction.

*Keywords***:** Fear of Missing Out, Phubbing Behavior, Parental Attachment, Social Media Addiction

Predicting Life Satisfaction in Emerging Adults: The Role of Non-physical Aggression and Ego-resilience

Faiz Younas, Ayesha Aftab & Kashaf Noor
Institute of Applied Psychology, University of Punjab, Lahore, Pakistan

Abstract

This study investigated the association between non-physical aggression, ego-resilience and life satisfaction in emerging adults. It was hypothesized that (a) there would be a negative relationship between non-physical aggression and life satisfaction while a positive relationship between ego-resilience and life satisfaction, and (b) the non-physical aggression and ego-resilience would predict life satisfaction in emerging adults. Through cross-sectional correlational research design and the non-probability convenient sampling strategy, a sample of 200 emerging adults (18-25 years, $M = 21.8$, $SD = 2.25$) from various universities were recruited after giving their formal consent provided their sociodemographic information and responses to The Aggression Questionnaire (Buss & Perry, 1992), The Ego Resilience Scale (Block & Kremen, 1996) and Satisfaction with Life Scale (Diener, 1985). Results showed that while non–physical aggression had a significant negative relationship with life satisfaction; ego-resilience had a significant positive relationship with life satisfaction. Moreover, both non-physical aggression and ego-resilience predicted life satisfaction. The current study will provide valuable insight as well as an academic addition to the scholarship exploring the interrelationship of non-physical aggression, ego-resilience and life satisfaction in emerging adults.

Keywords: Non-physical aggression, ego-resilience, life satisfaction, emerging adults

Self-objectification, Co-rumination and Social Appearance Anxiety among Adult Female Students

Bushra Zaffar & Dr Shazia Qayyum
Institute of Applied Psychology, University of the Punjab, Lahore

Abstract

This study aims at exploring the association between the self-objectification, co-rumination and social appearance anxiety among adult female students. It was hypothesized that there is likely to be significant association between self-objectification, co-rumination and social appearance anxiety in adult female sample. Self-objectification is likely to predict social appearance anxiety

and co-rumination would mediate this relationship. Data was collected through non-probability purposive sampling strategy. The sample was consisted of N=320 female students of age range 18-25. McKinley & Hyde objectified body consciousness scale was utilized to access self-objectification (i.e. body surveillance and body shame), Rose 2002 co-rumination scale to measure co-rumination among same sex friends, Hart et al. social appearance anxiety scale was utilized to evaluate appearance anxiety in social settings, along with a self-constructed demographic sheet was used. SPSS version 23 was employed for statistical analyses including reliability analysis, descriptive analysis, Pearson Product Moment Correlation, and Multiple Hierarchical Regression Analysis to generate results. The results indicated strong positive association among self-objectification, co-rumination and social appearance anxiety. Partial mediation of co-rumination was also found. This research provided evidence for suspected extension of objectification theory related to social appearance anxiety and also broaden objectification perspective to include interpersonal communication. Teachers, parents and applicable persons may use information from these research findings to educate the girls related to self-objectification and social appearance anxiety.

Keywords: Self-objectification, Co-rumination, Social appearance anxiety

ICPB-23-153

Religion as a Healing Resource
Dr. Amina Obaid Khawaja
Lahore College for Wmen University, Lahore

Abstract
This theoretical paper deals with the role that spirituality and religion can play in the mental health of young students. It posits that religion makes a meaningful existence possible and provides a 'warm' framework that helps make sense of things and is conducive to a sense of existential wellbeing. It produces a sense of awe and wonder. It engenders acceptance and surrender to the larger scheme of things. It produces perpetual hope and encourages a compassionate connection to all living beings. Religion is a means to enhance wellbeing of all age groups and among young persons, now perhaps more than ever before, there is a great need to utilise the healing power of religion and spirituality.

*Keywords***:** religion, spirituality, mental health of university students.

Social Media Use, Sleep, Physical Activity and Mental Health Among University Students

Zainab Abdul Salam, Zeenat Abdul Wali & Nudra Malik
Lahore College for Wmen University, Lahore

Abstract

Use of social media has increased considerably in the past decade among university students and has both positive and negative influences on their health and health behaviors. The purpose of the current study was to examine the relationship among social media use, sleep, physical activity and mental health of university students. It was a cross-sectional, correlational study. 150 students aged 18 and above (M=21.43, SD=2.01) were selected from different universities of Lahore through convenient sampling. General Health Questionnaire (GHQ), Social Media Addiction Scale (SMAS), the Global Physical Activity Questionnaire (GPAQ), and General Sleep Scale were used to collect the data. Data was analyzed using regression, T-test, and bivariate correlation to determine the association among these variables. There was significant association among social media use, sleep, physical activity and mental health in students. Sleep and social media use were significant predictors (p<.05) of mental health in students. Social media use was higher among girls than boys (p<.05). Adequate sleep and exercise for young people should be a priority as part of the development of mental health. Social media may promote negative emotions due to excessive social comparison affecting health behaviors negatively. This study recommends understanding of optimal level of social media use that could have a positive impact on physical and mental health.

Development of Sleep Disturbances Scale for Children

Aqsa Anees & Maryam Gul

Lahore College for Wmen University, Lahore

Abstract

The goal of the research was to develop an indigenous, valid, and reliable self-report measure for identifying the sleep disturbances for children. This study was conducted in two phases; in first phase a pilot study was conducted in which data was collected from 12 children participants of

age ranging from 9 to 13 years. In second phase the main study was conducted with total sample consisting of 400 children age ranging from 9 to 13 years *(M=10.96, SD=1.50).* An initial pool of 52 items was created through structured interviews and by extracting statements from previous literature. Item analysis and Principal Component Factor Analysis with Varimax rotation was used to determine the construct validity. As a result, three factors emerged that explained 25% total variance containing total 26 items on item loading of .40 exclusively on each factor. These factors were labeled as during sleep disturbances, insomnia and poor quality of sleep. The Cronbach Alpha for total and subscales were highly reliable. The findings of t-test indicated a significant difference in the Sleep Disturbance Scale for Children scores of boys and girls. It can be observed that the mean score on SDSC for girls falls in the range of high sleep disturbance category and for boys mean score on SDSC falls in the range of moderate stress category of scores. Hence, Sleep Disturbances Scale for Children may be used as a reliable and valid self-report measure the disturbances of sleep in children.

Keywords: sleep, disturbances, children

ICPB-23-156
Social Media Addiction, Appearance-Based Rejection Sensitivity and Disordered Eating Behaviors among University Students

Hadia Imtiaz and Nudra Malik
Lahore College for Wmen University, Lahore

Abstract
The purpose of the current research was to study the relationship among social media addiction, appearance based rejection sensitivity and disordered eating behaviors among university students. It was a cross-sectional study and data was collected from a convenient sample of 300 students of different universities with age 18 and above. The Bergen Social Media Addiction Scale (BSMAS) (Griffiths, 2017), Rejection Sensitivity scale (Dodson, 2020) and Disordered Eating Behavior Scale (DEBS) (Muazzam, 2019) were used for assessment. Results indicated that there was significant positive relationship among social media addiction, appearance-based rejection sensitivity and disordered eating behavior in students. Also, rejection sensitivity was a significant mediator between social media and disordered eating behavior. Disordered eating behavior was more in female students as compared to male students. This research implicates that social media can serve as a major factor in appearance-based rejection sensitivity and disordered eating behavior in students. This study would help to create awareness about implications of social media addiction and stresses the need for university psychologists to work for the counselling of students with social media addiction so that the problems such as

appearance-based rejection sensitivity and eating behaviors are reduced that can contribute to physical, emotional and mental health of the students.

Keywords: rejection sensitivity, social media addiction, disordered eating behavior, university students

ICPB-23-157
Workplace Bullying and Physical Health of Teachers Working In Higher Education Institutes

Ambreen Anjum & Amina Muazzam
Lahore College for Wmen University, Lahore

Abstract

The main objective of this research was to explore the relationship between workplace bullying and physical strains among teachers of higher education institutes. In this cross-sectional study, a sample of 400 teachers was collected using non-probability purposive sampling from seven public sector universities of Lahore. It was hypothesized that female teachers are more bullied as compared to male teachers and both types of bullying (work-related and person-related) significantly predict physical strains. The assessment was completed using standardized tools; Workplace Bullying Scale and Physical Strains Scale with demographic information sheet. Researcher collected the data from February 2017 to August 2017. Analysis was performed using SPSS. Out of 526 teachers, 200 males (50%) and 200 females (50%) teachers completed the survey. Mean age of sample was 34 ±8.0 years. Forty-two percent of teachers reported experiences of workplace bulling. Workplace bullying (both person-related and work-related) was found to be a significant positive predictor and collectively account for 28% of the variance in physical strains. Females teachers had more exposure of bullying (66%) and significantly higher levels of physical strains as compared to male teachers (p =0.000). The present study revealed high prevalence of workplace bullying in higher education institutes. Employees who had exposure of workplace bullying suffered physical strains. Female teachers had more physical strains as compared to male teachers. It was found that large numbers of teachers are facing workplace bullying problem that needs to be addressed to improve their psychological and physical health.

*Keywords***:** higher education institutes, workplace bullying, physical strains

ICPB-23-158
Alexithymia, Poor Glycemic Control and Poor Quality Of Life Among Type 2 Diabetes Patients
Zahra Batool & Amna Khawar
Lahore College for Wmen University, Lahore

Abstract

The study was aimed to investigate the relationship among alexithymia, poor glycemic control and poor quality of life in patients having type 2 diabetes. The cross-sectional research method was used with 300 type 2 diabetes patients having age bracket 35-75 years (M= 50.49 SD= 8.93).Sample was recruited through purposive sampling. The participants were presented with demographic sheet along with Perth Alexithymia Questionnaire (Preece et al., 2018) and The Revised version of Diabetes Quality of Life Scale (Bujang et al., 2018). The Hemoglobin A1C test results were obtained from patients' medical record. Data was analyzed using SPSS 22. Correlation and multiple regression analysis were employed. The significant positive association was found among alexithymia, poor glycemic control and poor quality of life in patients with type 2 diabetes. Regression analysis showed that alexithymia and poor glycemic control predicted poor quality of life among patients. The study highlighted that alexithymia has negative impact on diabetes management. Therefore, there is a dire need to investigate alexithymia among type 2 diabetes patients to increase the efficacy of treatment among patients. The study will be helpful for clinicians and psychologists to design interventions and management plan for better treatment outcomes in patients.

Keywords: Alexithymia, glycemic control, quality of life, type 2 diabetes

ICPB-23-159

Climate Change Anxiety, Health Risk Attitude and Death Anxiety among University Students
Kinza Irshad, Zoya Mansoor & Dr. Amna Khawar
Lahore College for Wmen University, Lahore

Abstract

Climate Anxiety is sometimes called "eco-anxiety" it's the term used to describe the feelings of distress, anxiety, or fear surrounding environmental issues. One can't ignore the mounting effects that the climate crisis is having on mental health. Physical as well as mental health will be threatened by heat, cold, smog, and epidemics (Watts et al., 2019) Substantial research has documented the relationship among climate change anxiety, health risk attitude, and Death

Anxiety in university students. The aim of the present study was to find out relationship among Climate Change Anxiety, Health Risk Attitude and Death Anxiety in university students. A cross-sectional study design was used to collect data. A convenient sampling technique on 200 university students both n= 107 Male, n= 93 Female was used. The age range of the sample was 18 to 27 years. The Climate change anxiety scale (Clayton & Karazsia, 2020), Health-Risk Attitude Scale (Osch & Stiggelbout, 2007), and Revised death anxiety scale (Thorson & Powell, 1992) were used to collect data. T-test, ANOVA, Regression, and Correlation were used for analysis. This study will help mental health professionals to create awareness and educate people by communicating about climate change, and designing interventions to promote modification through more sustainable behavior regarding climate anxiety.

Keywords: Climate change anxiety, mental and physical health, health risk attitude, and death anxiety

ICPB-23-160

Prevalence of Polycystic Ovary Syndrome and Its Association with Stress and Life Satisfaction among Young Female University Students

Tooba Riaz Chaudry & Dr. Bisma Ejaz
Lahore College for Wmen University, Lahore

Abstract
PCOS is a hormonal disease involving irregular menstrual cycles and excessive male hormones in female body. It occurs during the reproductive years of female. The current research aimed to investigate the prevalence of PCOS and its association with stress and life satisfaction among female university students. This cross-sectional study was conducted using a sample of 400 students with an age range of 18-25 years from various public and private sector universities of Lahore, Pakistan. A demographic sheet, translated versions of Polycystic Ovary Syndrome Questionnaire (PCOSQ), Perceived Stress Scale (PSS) and Satisfaction with Life Scale (SWLS) were used for data collection. Data was analyzed using SPSS 21 through descriptive statistics and advanced statistical techniques. The findings of the current study revealed significant positive relationship between PCOS and stress but non-significant negative relationship between PCOS and life satisfaction among young female university students. PCOS appeared to be both a positive predictor of stress and a negative predictor of life satisfaction. Furthermore, no difference between stress and life satisfaction among bachelor and masters level female students were reported. Further research is recommended to create awareness that open communication about the PCOS can positively predict marital satisfaction and can reduce psychological distress in women suffering from this health issue.

Keywords: polycystic ovary syndrome, stress, life satisfaction, women.

ICPB-23-161
Effects of Optimism and Forgiveness on the Quality of Life of Men Patients Diagnosed with Substance Use Disorder

Aimen Ali & Dr. Wizra Saeed Chaudhary
Riphah International University, Faisalabad

Abstract

The present study was conducted to access the effects of optimism and forgiveness on the quality of life of the men patients diagnosed with substance use disorder. The purpose of this study was to investigate whether any relationship exist between optimism, forgiveness and quality life of the men patients diagnosed with substance use disorder. One Hundred and fifty (*N*=150) substance used patients were selected through purposive sampling. Correlational research design was used in this study. Participants were administered three instruments together with demographics information from, namely, Life Orientation Test Revised (LOT-R), Heartland Forgiveness Scale (HFS), World Health Organization Quality Of Life - BREF (WHO QOL-BREF). The Life Orientation Test (LOT) is used amid SUD's to quantify optimism The Heartland Forgiveness Scale (HFS) is an 18-item self-report questionnaire intended to assess the dispositional salvation of a person (i.e., one's general propensity to be forgiving), rather than reconciliation of a single event or entity. The WHOQOL-BREF contains 26 items evaluating the 4 aspects of an event ("Physical Health", "Social Relationships", "Psychological Health", "Social Relationships", and "Environment"). Outcomes were measured by means of the spss statistical software, 22.The finding shows that effects of optimism is the significant positive relationship on the Quality of life of the men patients with substance use disorder. Findings reported that forgiveness is the positive effects on the quality of life men patients with SUD. Moreover, other results indicating that there is significant positive relationship between optimism, forgiveness and quality of life of the men patients of substance used disorder. Findings reveal that significant predictive relationship among variables. Forgiveness and optimism are related to better quality of life for men diagnosed patients.

Keywords: Optimism, Forgiveness, Quality of life, Substance used Disorder

ICPB-23-182
The Role of Social Media in alleviating conflicts: A case of Israel-Palestine conflict 2021

Maria Jawad Khan
COMSATS University Islamabad

Abstract

The 21st Century is considered to be the age of Information technology. In the contemporary era, it takes no time for news to be shared from one continent to another. All hail social media. Social media can play both gloomy as well as optimistic role. It can exacerbate the conflict or even alleviate it. Social media is exploited as a weapon of words in information warfare, influencing the thoughts and opinions of a target audience. Social media may quickly propagate offensive content to influence public opinion. This makes it a tactical weapon. But on the flip side it can also play its role in diffusing the conflict. Taking Israel-Palestine conflict as case study.. Using the exploratory research method this paper will discuss how social media played a positive role in alleviating conflict between Israel and Palestine. In February, 2021 Israel attacked the Gaza strip. The video of the attack was shared thousands of times on social media. Because of the surmounting pressure by social media from around the world, Israel backed off its military from Gaza Strip. Though Western Media propagated those videos to be old, yet Israeli forces had to back off. Furthermore, the focus will be on the optimistic role played by social media in curbing conflict.

Key Words: Info-Tech, Social media, Israel-Palestine conflict

ICPB-23-183
Importance and Effects of Interfaith Harmony among Semitic Religion

Kubra Begum & Mudassir Iqbal
University of Sialkot

Abstract

Harmony means to make two or more things go together, to make them ambassadors, to bring them to a level of moderation and equality, to bring them closer, to bring about settlement, to put them on a course of moderation and to maintain justice. Along with increasing prejudice, enmity and divisions between nations, the distance between people is also increasing. However, it is the urgent need of the hour to eliminate these differences between nations as well as people and promote harmony and mutual love among followers of different religions. Because the purpose of calling all the Prophets and Messengers was to bring them closer to each other by establishing harmony, love, cooperation and justice among the creatures. It is a fact that narrow-mindedness, religious hatred, religious and ethnic grouping are far away in today's time, so religious unity at the global level is as much needed as interreligious harmony for the establishment of a moderate society and the elimination of extremism. The need of religious harmony felt today had never felt before. In this paper various aspects related to inter-faith harmony will be discussed.

ICPB-23-184
Establishing Peace Through 'Quiescence' and 'Consented Coercion': An Analysis of Dynamics of Power Politics in Khaled Husseini's The Kite Runner

Sufia Humayun,
Govt. Graduate College (W), Gulberg, Lahore

Abstract

In Asian countries specifically, it is always miss-conceived that the ruling elite controls the ruled or the public by making use of coercive powers like political society- the State. The civil society which has greater role to play in formation of building "common sense" reality, is underestimated in the game of power politics. This research paper on Khaled Husseini's *The Kite Runner* reiterates the aforementioned role of the civil society for building peace by critiquing Gramsci's theory of Cultural Hegemony and Gaventa's theory of Quiescence. Gramsci emphasizes that the civil society through non-political institutions like religious and educational institutions and ideological hegemony through building "common sense" reality, fatalistic thinking, "consented coercion", suppression of alternative way of thinking and language grant "hegemony" to the Ruling Elite. Gaventa's notion of Quiescence lays stress on the inactivity or quiet submission of the ruled which indirectly empowers the ruling class. Through elaboration of role of cultural and ideological hegemony, the paper pinpoints how the characters are unable to shed the 'common sense' reality even when displaced in liberated land like America. The paper employs textual analysis as a methodology to critic the characters, cultural practices, the ever changing masters and the oft repeated indigenous words as part of common day language. The purpose of the research is to construct the counter-discourse that would shift the perspective about dynamics of power politics hence how to establish peace in a society like Afghanistan of even Pakistan.

ICPB-23-185

Role of Friendship Quality in the relationship of Psychological Issues and Post Trauma Recovery
Sidra Shakoor & Dr Mohsin Atta
University of Sargodha, Sargodha

Abstract
COVID-19 has affected the relationships because of change patterns of socializing and forced distancing. The present study was aimed to examine the role of friendship quality in the relationship of psychological issues and post-trauma recovery among early adults. The McGill Friendship Questionnaire-Friendship Function (MFQ-FF) is a 30-item survey that assesses feelings toward a friend or friendship in late adolescence and adulthood (Aboud & Mendelson, 1997). The depression, Anxiety & Stress Scale (DASS; Lovibond & Lovibond, 1995) was used to assess psychological issues. The self-reported 10-items questionnaire was used to assess trauma recovery (TRS; Gentry, 1996). The sample was collected through a random sampling technique from 250 early adults. The data was collected from January 2022 to December 2022. A correlational research design was used in this study. The psychometric properties and descriptive were determined to ensure the reliability of scales and the normality of the sample. Findings showed that friendship quality fully moderates the relationship between psychological issues and post-trauma recovery. In the present study, the t-test showed the significant impact of gender differences on friendship quality. Restrictions of the present learning and recommendations meant for upcoming observed actions remain debated.

Keywords: Friendship quality, Psychological issues, Post-trauma recovery

ICPB-23-186

Effect of Perceived Inter-Parental Conflicts on Social Connectedness among Youth: Role of Psychological Well-Being and Gender

Kinza Khalid & Dr. Najma Iqbal Malik
University of Sargodha, Sargodha

Abstract
During COVID-19 work-from home and online studies restricted the parents and children to stay at home. This full-time interaction of parents and children affected their relationship. The current study aimed to probe the prospective mediating role of psychological well-being in the

relationship between perceived inter-parental conflicts and social connectedness among youth. Another aim was to examine gender as a moderator in the relationship between perceived inter-parental conflicts and the psychological well-being of youth. Cross-sectional survey research design with a purposive sampling technique was used. A sample of 300 participants (equal participation of both men and women) from Sargodha completed the Marital Conflict subscale of the Family Structure Survey (FSS), Social Connectedness Scale (SCS) and Ryff Scale of Psychological Well-Being (RSPWB). The results revealed that perceived inter-parental conflicts were a significant predictor of psychological well-being and gender also significantly predicts psychological well-being. The interaction of perceived inter-parental conflicts and gender produces a significant effect on psychological well-being. Moreover, the direct effect of perceived inter-parental conflicts on social connectedness is non-significant whereas, psychological well-being is a strong positive predictor of social connectedness. Together, perceived inter-parental conflicts and psychological well-being significantly affect the social connectedness. Finally, the results revealed that the moderated mediation is significant. The relationship between perceived inter-parental conflicts and social connectedness was mediated by psychological well-being among youth. Moreover, gender moderated the relationship between perceived inter-parental conflicts and psychological well-being in such a way that the relationship was stronger for men as compared to women.

Keywords: Inter-parental conflicts, Social connectedness, Psychological well-being, Gender, Youth.

Experiencing Covid-19: A Phenomenological Study

Hafiza Attia Rehman, Anam Yousaf, Dr Najma Iqbal Malik
University of Sargodha, Sargodha

Abstract
This research explored the psychological experiences of the COVID-19 patients during the disease process and after the recovery from the infection. Purposive sampling technique and semi-structured interviewing process was used to record the experiences 0f 13 Covid survivors (7 females and 6 males). Interpretive Phenomenological Analysis was used for analysis of the transcripts (Smith, 2004). Six main themes of psychological experiences during the disease the disease process were extracted that have a total of 7 subthemes. A main theme (attitude towards disease included 1 sub-themes (denial). Another main theme (psychological distress) included 2 sub-themes (depression and stress). One of the main theme was death anxiety. Other main themes included perceived social stigma (with sub-theme, loneliness), exposure to infection (with sub-theme, restrictions) and coping strategies with 2 sub-themes (active coping and

avoidant coping). For psychological experiences after recovery, there were 2 main themes with 8 sub-themes. The main theme post-traumatic growth included 6 sub-themes (Attachment to God, acceptance of death, gratitude [toward Allah], trust on interpersonal relationships, gratitude towards people and significance of life) and delayed resilience involved 2 sub-themes (recovery from insomnia and recovery from psychological distress). The limitations and suggestion have been discussed.

Key Words: psychological experiences, Covid survivors, Denial, Post-traumatic growth

ICPB-23-187

Outcomes of Fear of Covid-19 among University Students

Anam Yousaf, Hafiza Attia Rehman & Dr Najma Iqbal Malik
University of Sargodha, Sargodha

Abstract

COVID-19 is a transmissible and an infectious disease that starts with mild symptoms like flu, cough, headache, and fever. It has moderate and severe symptoms just like pneumonia. Fear of this disease is compromising the psychological health of individuals including emotions and anxiety and leading to sever consequences. The major aim of the study was to examine the mediating role of intolerance of uncertainty and COVID stress between fear of COVID-19 and negativity. It is further intended to measure the causal links between fear of COVID-19 and panic buying. A web-based descriptive correlational research study was conducted on 400 participants through purposive sampling. Both sexes were included with minimum age requirements of 19 years and at least 12 years of education and exclusion of health care workers. Prime importance was given to including participants of different education levels. Parallel mediation analysis indicated the positive direct effect of fear of Covid-19 on intolerance of uncertainty ($B = .55^{***}$), COVID stress (3.11^{***}) and insignificant effect on negativity ($.03$). Intolerance of uncertainty ($.19^{***}$) and COVID stress ($.03^{***}$) mediated the positive relationship between fear of COVID-19 and negativity. In the second model, results of the second parallel mediation analysis revealed the positive direct effect of fear of Covid-19 on negativity ($B = .26^{***}$) death anxiety ($.57^{***}$) and panic buying ($.38^{***}$). Death anxiety ($.24^{***}$) and negativity ($.17^{***}$) mediated the positive relationship between fear of COVID-19 and panic buying. In the first model, intolerance of uncertainty and COVID stress could be one of the causal links between fear of Covid-19 and negativity. In the second model, negativity and death anxiety were the significant mediators between fear of Covid-19 and panic buying.

Keywords: fear of COVID-19, Covid stress, Negativity, intolerance of uncertainty

ICPB-23-189

Forms of Love, Scrupulosity and Psychological Distress in Emerging Adults

Hira Iqbal, Dr Irsa Fatima Makhdoom, & Asma Irfan
University of Sargodha, Sargodha

Abstract

COVID-19 resulted in technology surge where the frequency of internet use has increased. This internet use has affected the relationships particularly, romantic relationships of adolescents and early adults. The study aimed to examine the relationship between different forms of love, scrupulosity and psychological distress in a sample of adolescents and early adults. Moreover, the role of thought-action fusion-likelihood and scrupulosity on the association between forms of love (intimacy, passion, commitment) and psychological distress. Participants were 527 Pakistani adolescents and early adults who completed a survey measuring thought-action fusion-likelihood, forms of love, scrupulosity and psychological distress. The data was collected from January 2022-December 2022. Results show that a high level of forms of love links to a higher level of psychological distress. Furthermore, thought-action fusion likelihood and scrupulosity mediated the link between forms of love and psychological distress. Findings are discussed considering the literature.
Keywords: Forms of love, scrupulosity, psychological distress, thought-action fusion-likelihood.

ICPB-23-190

Gender role beliefs and wellbeing/mental health among Young adults in Pakistan and the United Kingdom: Testing a multiple moderator model

Mamoona Mushtaq (Ph. D.) & Richard Oliver de Visser

Punjab Higher Education Department, Lahore School of Psychology, University of Sussex, United Kingdom

Abstract

The well-being of individuals is influenced by beliefs about gender roles, which are themselves influenced by cultural factors. It is therefore important to compare links between gender role beliefs and well-being in cultures that are more or less gender equitable. This study examined links between less egalitarian gender role beliefs and well-being among young adults in the patriarchal Pakistani (PK) culture and the more egalitarian British culture. Sex-Role Egalitarianism Scale was used to assess the sex-role egalitarian beliefs and General Health Questionnaire was used to measure the well-being

measures of the participants. Participants were 1141 university student aged 18-30 (mean = 21.56, SD = 2.54): 411 PK women, 307 PK men= 307, 318 UK women, and 105 UK men. Analyses revealed stronger associations between gender role egalitarian beliefs and well-being among PK respondents than UK respondents. Among PK women and men, lesser egalitarian gender role beliefs were significantly related to poorer wellbeing in relation to more somatic complaints, anxiety/insomnia, and social dysfunction. Among PK and UK women lesser egalitarian beliefs were significantly related to more severe depression. Similarly, among UK men, weak egalitarian gender roles were significantly related to less severe depression. Moderation models highlighted variation in the links between egalitarian gender role beliefs and well-being outcomes among women and men in the two countries. The data highlight a need to consider within and between country variation in the links between gender role beliefs and women's and men's psychosocial well-being.

Keywords: gender role beliefs, well-being, somatic symptoms, anxiety insomnia, social dysfunction, severe depression

A study of individual and cultural differences in gender role beliefs and health behaviors in adults of Pakistan and the United Kingdoms

Mamoona Mushtaq (Ph. D.) & Richard Oliver de Visser

Punjab Higher Education Department, Lahore School of Psychology, University of Sussex, United Kingdom

Abstract

The health behaviors of individuals are influenced by beliefs about gender roles, which are themselves influenced by cultural factors. It is therefore important to compare links between gender role beliefs and health behaviors in cultures that are more or less gender equitable. This study examined links between gender role beliefs and health behaviors among young adults in the patriarchal Pakistani culture and the more egalitarian British culture. Participants were 1141 university student aged 17-30 (mean = 21.56, SD = 2.54): 411 Pakistani women, 307 Pakistani men= 307, 318 UK women, and 105 UK men. Sex-Role Egalitarianism Scale was used to assess the sex-role egalitarian beliefs and "The Health Behaviors" were assessed by using ten novel items of the participants. Analyses revealed stronger associations between gender role beliefs and health behaviors among Pakistani respondents than UK respondents. Furthermore, whereas similar patterns of association were found among women in the two countries, the direction of some associations differed between men in Pakistani and the UK. Moderation models also highlighted variation in the links between egalitarian gender role beliefs and well-being outcomes among women and men in the two countries. The data highlight a need to

consider within- and between-country variation in the links between gender role beliefs and women's and men's psychosocial well-being.

ICPB-23-192

Love, physique anxiety, and mental health of adults

Sadia Ramzan, Mamoona Mushtaq (Ph. D.)
GOVT. MAO College, Lahore

Abstract

This study explores the relationship of love with physique anxiety and mental health in university student. Sample of this consisted of 300 university students (boys=139, girls=161).Data was collected form the participants by using convenient sampling technique. In this study, love of the research participants was assessed by using Sternberg's Triangular Love Scale by Sternberg (1986), partner physique anxiety was assessed by using partner Social physique anxiety scale (SPAS) by7 Hart, Leary & Rejeski, 1989 and mental health of the research participants was assessed by using revised Mental Health Inventory-5(MHI-5) by Theunissen & Jansen (2011).Hypothesis were tested by using regression analysis method. Results of this study reveals that love predicts physique anxiety and positive mental health in University student ($F_{(2,287)} = 31.88$, $p<0.5$) which is an indication that love is significant predictor of physique anxiety and mental health ($R^2=017$).
Key words: love, Physique anxiety and Mental Health

ICPB-23-193

Perceived Parenting Style and Mental Health and Psychological Well-Being in University Students: Mediating Effects of Rumination Patterns

Hira Bashir, Dr. Mamoona Mushtaq
University of Lahore

Abstract

The present study aimed to find out the relationship between perceived parenting style, rumination pattern and mental health in university student and mediating effect psychological well-being. Data were collected from male and female university students. The sample consisted of 300 students of the BS and MS program (181male and 119female). Correlational research design along with a non – probability purposive sampling techniques was used to collect data from participants by using tools i.e. Perceived parenting Scales (Gerlsam, Arrindell and Vandderveen, 1991), Rumination response scale

(Hoejsana and Morrow, 1991), and Psychological Well-being (Ryff, 1989) and general Health questionnaire (Gold berg and Williams, 1979). The results revealed that there was a significant positive relationship between parenting style, rumination response, Psycholigical well –being and general health in university student. Results alos revealed a full mediation of rumination patterns in releationship between perceived parenting styloes and mental health and well-being in adults

Key words: Parenting style, Psychological well-being, rumination

ICPB-23-194

Burnout, Job Satisfaction and Subjective Well-Being in Teachers Working in Special Education and General Education Schools

Kalsoom Yasin Dr.Mamoona Mushtaq

Riphah International University, Faisalabad Campus

Abstract

The purpose of present sty was to explore burnout, job satisfaction, and subjective well- being in school teacher including teacher working in special education school system and general education schools system. After extensive literature review, following hypothesis were formulated. Hypotheses 1): there would be a significant correlation of job satisfaction, subjective wellbeing an burn out in school teachers including special education and general education school teachers; 2) there would be significant difference of job satisfaction , subjective will being and burn out among special education and general school teachers; 3) there would be significant difference of job satisfaction , subjective well –being and burnout between male and female school teachers (including special education and general education school teachers); 4) age difference would exhibit significant differences on burnout, wellbeing and job satisfaction in special education and general school teachers. Sample of this study was consisted of total 280 school teachers including 140 male and female teachers from special education scrolls and from general scholl. Data was collected from different schools including special education and general education school located in Lahore, Lahore –Pakistan through convenient sampling methods. In the current study ICP subjective well being scale by (Moghal& khanum, 2013); Job satisfaction scale (spector, 1985) and Oldenbug Burn out Inventory (Demerouti & Bakker, 2008) were used. Pearson correlation, analysis of variance (ANOVA) and independent sample t-Test were used to calculate the results. First, third and fourth hypotheses of this study were partially approved ($p<0.05$) while the second hypothesis of the study does not approve completely (($P>0.05$). The implications of the findings have been been discussed.

ICPB-23-196

Parental Acceptance-Rejection, Executive Functioning, Mental Health, and Mental Well being in Adoelscents

Maqbool Ghaffar, Memoona Mushtaq
Govt. MAO College Lahore

Abstract

The current conducted to find the relationship between parental acceptance and rejection, executive functions, and well-being in adolescents studying as schools. It was hypothesized that parental acceptance will be positively correlated with executive functioning and well being in adolescent; and parental rejection will be positively correlated with executive functioning and well being in adolescent. Correlational research design was used in this study. A sample of (N=200) adolescents was taken by using convenient sampling technique. Sample collected form public sector schools were assessed on Parental acceptance rejection scale by Rohne (1988), Executive skill questionnaire by Dawib & Guare (1998) and well being scale by Ryff. Data analyzed by carrying out correlation regression analysis and independent samples t-test. Results showed that there was a positive relationship of parental acceptance with executive function skills and metal well being in adolescents. There was negative relationship of parental rejection with executive functioning skills and mental well being in adolescent. There was significant difference between parental acceptance- rejection, execution functioning and well being among boys and girl. Finding, limitation suggestion and implication were discussed**.**

Key words: parental acceptance-rejection, executive functioning, wellbeing, adolescents

ICPB-23-197

Antecedents and Consequences of Mental Health in Transgender

Aqsa Rehman, Mamoona Mushtaq
University of Lahore

Abstract

The primary aim of the study was to study the examined association of different factors related to mental health in transgenderrs across life span. Correlation research design was used. Total sample was 300 between the ages 16 to 50 years. Warwick Edinburgh Mental Health well-being scale (WEMWBS), depression anxiety stress scale (DASS), Brief Resilience Scale (BRS), Adults hope Scale (AHS) and Multi dimensional scale perceived social support (MSPSS) were used as measurement tools. Significant positive correlation of family system (P<.001), income (p<.00), age category (p<.00.) with resilience (p<.000), mental health and well being (p<.002) were observed. It indicated that age category, family system and income predict mental health of transgender. The present study revealed a significant negative relationship between resilience and mental health and wellbeing; and negative correlation between resilience and distress. The current study also found that there was positive relationship between resilience and adult hope and significant positive relationship between mental health and social support. This present study explores that transgender have mental health problems because they don't receive family support as well as society also doesn't accept them. These leads increased mental health problems across their lifespan. Results and implication have discussed in the discussion section of the research.

Key words: Mental health, characterization; Transgender, Life span

Stigma of Disability, Social Phobia, Slef esteem, Mental Health and Mental Wellebing in Adoelscents with Physical Disability

Arfa Ayehsa, Mamoona Mushtaq

University of Lahore

Abstract

Objective: to find out he relationship among perceived physical disability stigma, social phobia, self- esteem and well –being in physically disabled adolescents.Methodology: The study was conducted in Pakistan society for the Rehabilitation of the disable (PSRD) high school, lchra, Lahore, special education institution, by using survey research design. Sample of 300 psychically disabled students was taken form special education institutes. Age range of the participants was form 11 to 20 years. Posts secondary student survey of disability related stigma (PSSDS) was used to asses' stigma. Social interaction \anxiety Scale (SIAS) was used to measure social phobia and state self -esteem scale was used to assess the self -esteem and mental health inveroty-5(MHI-5) by Theunissen & Jansen, (2011)0was used to assess the mental health of the research participants. Results: a statistically significant correlation of perceived stigma of disability with social phobia(r=.56, P<.001) and self -esteem 9(r=-.54,P<.001)was found in adolescents with

physical disability. Similarly, perceived stigma turned out to be significant positive predictor of social phobia 9(B=-.44, t=3.72,P<.001). Similarly stigma appeared a positive predator of social phobia and negative and significant predator of self-esteem and mental health in physically disabled students. Conclusion: perceived disability stigma in significantly correlated with social phobia and self-esteem in physically disabled adolescents.

Key words: Perceived disability stigma, social phobis, mental health, mental wellbeing

ICPB-23-199
Death Anxiety and Wellbeing in Doctors during COVID-19: The Explanatory and Boosting Roles of Sleep Quality and Work Locality

Memoona Mushtaq & Shameem Fatima
Govt MAO College
COMSATS University Islamabad, Lahore

Abstract

The study aimed at assessing the direct and mediated associations between death anxiety, sleep quality, and subjective wellbeing in doctors working during the pandemic. A secondary aim was to assess the interactive role of workplace locality in these associations. An indirect-effect model was tested on a sample of 244 doctors. Findings revealed that the association between death anxiety and subjective wellbeing was mediated through sleep quality. Furthermore, death anxiety was significantly and negatively associated with subjective wellbeing in doctors working in rural setups but not those working in urban setups. The theoretical and practical implications of the findings are discussed.

Keywords: Death Anxiety, Sleep Quality, Subjective Wellbeing; Work Locality

ICPB-23-200
Life Style factors, Social Media, Social Support, Indidvidual Senstivity, and OCD in Adults after COVID-19 Pandemic

Nabiha Munir, Dr Memoona Mushtaq
Riphah International University, Lahore

Abstract

The purpose of this study was to explore the relationship between lifestyle, individual's sensitivity, social media use and obsessive-compulsive disorder in adults during the pandemic lock down period. Additionallty, the study aimed to examine whether the fear of COVID-19 played a role in these associations. The study used an indirect-effect model and analyzed data from adults for fear of COVID-19 scale, lifestyle, individual sensitivity, and obsessive compulsive disorder during the pandemic. The results showed that lifestyle has a positive impact on individual sensitivity and obsessive compulsive disorder in adults. Additionally, fear of COVID-19 had amore significant positive effect on obsessive compulsive disorder in adults. The implication of these finding are discussed.

Keywords: life style, individual sensitivity, social media obsessive compulsive disorder, fear of COVID-19

ICPB-23-201
Personality Dimensions, Psychosocial Adjustmnet, and Mental Health in Working Women

Wijdan Salsabeel, Dr Memoona Mushtaq
Govt Chuna Mandi College, Lahore

Abstract

The present research was intended to measure the relationship between personality dimension and psychosocial adjustment in working women. It was hypothesized that there is significant relationship between personality and psychosocial adjustment; personality dimensions (extraversion neuroticism and agreeableness are likely to be the predictor of psychological adjustment; and personality dimension (extraversion, neuroticism and agreeableness are likely to be predictors of social adjustment in working women the sample was consisted on women college of Lahore (N=300) with age range between 23 to 60years. The instrument used in this study was Big five inventory. For the measuring psycho- social adjustment, two scales with further subscales were used. Psychological adjustment was assessed through translated version of Depression, Anxiety and stress scale, Dispositional resilience scale and state. Traits anger inventory. While social adjustment was assessed through Dyadic Adjustment Scale and Martial happiness scale. Main study was done, and hypotheses were tested using correlation and regression analysis. Results revealed that extraversion and agreeableness personality domain are the positively significant predictor of marital adjustment (B=.14&B=012)and workplace stress(B=.15&.25)while non-significant predictor of martial happiness(B=.05&B=-.02).Neuroticism personality domain is the significant predictor of marital adjustment (B=.02), marital happiness(B=.26) and work place stress(.25)in working women.   Neuroticism is the significant predictor of depression(B=017), anxiety (B=.22), hardiness (B=.16) and anger(B=.13)and anxiety (B=.20)in

working women and non –significant predictor of depression(B=.08), anxiety(B=.05) and hardiness (B=.09) in working women. Finding of the research would assist in a clear understanding of the association between personality domains and psychosocial adjustment.

Key words: Personality domains, psychological adjustment, social adjustment

ICPB-23-202

Borderline Personality Disorder: An Inner Monologue

Hira Khawar

Umer Hospital, Lahore

Abstract

S.B was a 21 years old female who came with the presenting complaints of sleeplessness, panic attacks, low self-esteem, self-harm, suicidal ideation, fatigue and loss of energy in daily activities, feeling of worthlessness and less interest towards studies and daily routine tasks for six months. The patient was assessed on the basis of Behavioral Observation, Clinical Interview, Subjective Rating of the problem and formal assessment DASS, HTP. The overall results of assessment revealed that patient was having major depression with anxious distress. After detailed assessment, goals were set to be taught for the client including rapport building through having discussion according to patient's interest, psycho-education to client about to understand and to deal with her problem in better way, relaxation exercise, case conceptualization, cognitive restructuring, problem solving, self-esteem building exercise, and daily activity scheduling. The patient had a total of 13 sessions with the therapist. The comprehensive results of the therapy showed significant improvement in the patient's problematic complaints.

ICPB-23-203
Cognitive Behavioral therapy for patient suffering from MDD co-morbid with Borderline personality traits

Areej Khalid & Dr. Mirrat Gul Butt
Mayo Hospital, Lahore

Abstract

The patient was 19 years old, unmarried female, belonged to middle socioeconomic status. Her education was matric. She was self-referred to the psychiatry outdoor department of Mayo hospital with the complaints of crying spells, aggressive behavior, self-harm, low mood,

irritability, low appetite, feelings of worthlessness, decreased pleasure in activities. She was referred to the trainee clinical psychologist for the psychological assessment and management purpose. The psychological assessment was done on informal and formal level. The informal assessment included Clinical Interview, Mental status Examination, Subjective Rating List, DSM-5 MDD criteria checklist, and dysfunctional thought record Chart. The formal assessment was conducted using Beck depression inventory Scale (BDI) and borderline personality scale. The patient was diagnosed with (MDD) major depression disorder with borderline personality traits. The management plan of the patient included rapport building, Psychoeducation, Introduction of ABC model according to CBT, Relaxation Exercises, Dysfunctional thought record Charts, behavioral activation, emotional ventilation. Total 8 sessions were conducted with her, pre and post assessment was conducted in the last session and it showed 50% improvement in patient's symptoms overall.

ICPB-23-204

A case study of General Personality Disorder Combating with Smoking

Syeda Zamira, Dr. Mirrat Gul Butt
NUR University & Mayo Hospital Lahore

Abstract

The patient was 40 year old, married women mother of 4 kids, education up to B.com, belonged to lower middle socioeconomic status. She was self-referred to the psychiatry outdoor department of Mayo hospital with the complaints of Smoking 6 to 7 cigarettes a day, long inflexible and pervasive social and personal situations, impairment in social, occupational area of functioning, Feelings of sadness, tearfulness, emptiness or hopelessness Angry outbursts, irritability or frustration, even over small matters Loss of interest or pleasure in most or all normal activities, Sleep disturbances, Tiredness and lack of energy, so even small tasks take extra effort, Feelings of worthlessness or guilt, fixating on past failures or self-blame, suicidal thoughts, suicidal attempts (6 to 7 times) She was referred to the trainee clinical psychologist for the psychological assessment and management purpose. The psychological assessment was done on informal and formal level. The informal assessment included Clinical Interview, Mental status Examination, Subjective Rating List, DSM-5 Tr General Personality Disorder and Major Depressive Disorder checklist criteria, The formal assessment was conducted using House, Tree, Person, (HTP), Beck Depression Inventory (BDI), Zanarini Rating Scale for borderline Personality Disorder (ZAN-BPD), The patient was diagnosed with General personality disorder c̄ Major Depressive Disorder, after the history taking and informal and formal assessment. The management plan of the patient included Rapport building, Psycho Education,

cigarette ceasing contract, Introduction of ABC model according to CBT, Normalization, Relaxation Exercises, Smoking Craving Chart, Total 15 sessions were conducted with her, pre and post assessment was conducted in the last session and it showed 80% improvement in patient's symptoms overall. The patient was later referred for the follow-up sessions.

ICPB-23-205

Treating FNSD following the principles of Cognitive Behavioral Therapy
Ayesha Sarwar, Dr. Mirrat Gul Butt
FCC University & Mayo Hospital Lahore

Abstract

The patient was a 40 years old female. She was presented with complaints of excessive headache, numbness in her legs and feet, weakness in the body, and sleep problems. B.I vital signs and laboratory findings were within normal limits, and all further investigations were normal, including, CT and MRI. She was evaluated and there was no evidence of an organic etiology found. A psychiatric consultation was obtained. The patient was diagnosed with Conversion Disorder (Functional Neurological Symptom Disorder) 44.4 on the basis of assessment. Assessment procedure included formal and informal assessment. Symptom Checklist-R and House Tree Person was administered in formal Assessment. Informal Assessment included Clinical Interview, Mental Status Examination, Subjective rating of symptoms and Baseline Chart. Treatment plan was based on techniques of cognitive behavior therapy and behavioral therapy. Patient reported improvement in her symptoms. She will be taking follow-up sessions.

ICPB-23-206

Social Anxiety Disorder co-morbid with Borderline personality Traits: A unique case study

Saadat Sultan, Dr. Mirrat Gul Butt-
NUR University & Mayo Hospital Lahore

Abstract

N.A was 38 years old male, married and have 4 children, lived in Quetta and belonged to middle socio-economic status. Patient came to the psychiatry department of Mayo Hospital with the complaints of anger issues, violent behavior towards wife and daughters, headache, loss of interest, fear in social situations, low mood, and difficulty maintaining sleep, difficulty in concentrating on any task, restlessness and homosexuality. He was referred to the trainee clinical

psychologist for the assessment and management of presenting complaints. Informal assessment was done through Clinical interview, Mental State Examination (MSE), Visual Analogue Scale and Dysfunctional thought record and formal assessment included Beck Anxiety Inventory (BAI) and The Zanarini Rating Scale for Borderline Personality Disorder (ZAN-BPD). After thorough assessment patient was diagnosed with Social Anxiety Disorder with Borderline personality traits. Problem was managed by using Cognitive Behavioral Therapy (CBT) and Orgasmic Reconditioning. The management plan of Patient included Rapport Building, Supportive work, Collaborative empiricism, psychoeducation, normalization, Vicious cycle of anxiety, identification of triggers, deep breathing, PMR, guided imagery, coping statements, distraction techniques, sleep hygiene, anger management and cognitive restructuring. Total 19 psychotherapeutic sessions were conducted including sessions in which Relapse Prevention was taught to patient. Patient remained compliant throughout the therapy and post assessments revealed 75% improvement at the termination of therapy.

ICPB-23-206
Generalized Anxiety Disorder: CBT and it's long term effects

Akifa Sami, Dr. Mirrat Gul Butt-
Mayo Hospital Lahore

Abstract

The Patient was 20 years old female, unmarried, Student of B.A and was eldest of 8 siblings. She got admission in psychiatric facility with the complaints of on and off Headache (10 years) aggravated over past 20 days, aching and stiffness of the muscles (1 year) aggressive over the past 20 days, andshortness of breath over past 02 days. In addition (on exploring) there was history of Low, anxious & Irritable mood, verbal and physical aggression towards family. She was referred to the trainee clinical psychologist for the psychological assessment and management purpose. The psychological assessment was done on informal and formal level. The informal assessment included Clinical Interview, Mental status Examination, Subjective Rating List, and Dysfunctional Thought Record. The formal assessment was conducted using Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), Borderline Personality Disorder Scale (BPDS), Yale Brown Obsessive Compulsive Scale (Y-BOSC), Standard Progressive Matrices (SPM), Rotter's Incomplete Sentence Blank (RISB), and Positive and Negative Syndrome Scale. Patient was diagnosed as a case of Generalize Anxiety Disorder after all the assessments. The management plan of the patient included rapport building, Psychoeducation, Medical Adherence, Progressive Muscle Relaxation (PMR), Headache Management, Breath Retaining, Sleep hygiene, Contingency Management, ABC Model, Behavioral Activation Program, and Behavioral Experiments. Total 19 sessions were conducted with her, pre and post

assessment was conducted in the last sessions and it showed much improvement in patient's symptoms overall. The patient was later referred for the follow-up sessions.

ICPB-23-208

Obsessive Compulsive Disorder: Diagnosis, Symptoms and Treatment

Sadia Abid, Dr. Mirrat Gul Butt-
Mayo Hospital Lahore

Abstract

The patient was 21 years old, unmarried female, belonged to upper middle socioeconomic status and was currently studying in 3rd year MBBS. She was self-referred to the psychiatry outdoor department of Mayo hospital with the complaints of washing hands and performing ablution repeatedly, reciting Bismillah multiple times before ablution, keeping herself clean for prayers even if she is already clean, take shower longer than usual, worried about performing ablution correctly and checking door locks of house again and again. She was referred to the trainee clinical psychologist for the psychological assessment and management purpose. The psychological assessment was done on informal and formal level. The informal assessment included Clinical Interview, Mental status Examination, Subjective Rating List, DSM-5 OCD criteria checklist, and Obsession and Compulsion Chart. The formal assessment was conducted using Yale Brown Obsessive Compulsive Scale (Y-BOSC). The patient was diagnosed with Obsessive Compulsive Personality Disorder (OCD) after the history taking and informal and formal assessment. The management plan of the patient included rapport building, Psychoeducation, Introduction of ABC model according to CBT, Normalization, Relaxation Exercises, Obsession and Compulsion Charts, Worry Postponement, and Exposure and Response Prevention (EPR). Total 14 sessions were conducted with her, pre and post assessment was conducted in the last session and it showed 65% improvement in patient's symptoms overall. The patient was later referred for the follow-up sessions.

ICPB-23-209

Effectiveness of CBTp in a 32 years old female

Sayyed Sajjad Gillani & Dr. Mirrat Gul Butt-
NUR University &Mayo Hospital Lahore

Abstract

The client A.M was 32 years old Female, educated up to matric, belonged to middle class family, married and have two children. He came to government hospital psychiatry ward Lahore. The client was facing the problems of self-rejection, sleep disturbance, aggressive behavior, irritable mood, loss of interest others activities, negative thinking, suicidal ideation or trying suicidal attempt, low mood, appetite disturbance, crying spells, visual hallucination from the last 8 months' stressors which find out are financial and family issues. Before one month when he was started sleep disturbance. After the assessment the client was diagnosed with MDD with schizophrenia disorder. The formal assessment included history taking, clinical interview, behavioral observation, mental state examination and formal assessment included BDI and PANSS. The management plan formed according to the symptoms such assupportive work, PMR, medication adherence, psycho-education, coping statements for motivation, normalization, sleep hygiene tips, activity scheduling, anger management tips, Deep Breathing, socialization to ABC, socialization to problem solving.

ICPB-23-210

CBT for Functional Neurological Symptom Disorder

Humna Rizwan, Dr. Mirrat Gul Butt-
FCCUniversity & Mayo Hospital Lahore

Abstract

The patient was 21 years old female, 9 th grade student belonged to a lower socio-economic status. She was admitted in psychiatric department of Mayo Hospital Lahore with
presenting complaints of severe headache, shoulders stiffness, body weakness, and fits from 6months. There were not any organic cause present for her illness as all the tests such as CTscan, MRI and other tests were normal. She has insight of her problems and was self-motivated to seek treatment. She was formally assessed by clinical interview, mental statusexamination, subjective ratings of symptoms and baseline chart. On formal level symptomchecklist (SCL-R), RISB, HTP was administered. According to DSM-5-TR client wasdiagnosed with F44.4 Functional Neurological Disorder, persistent and with psychologicalstressor. Psychological management was based upon behavioural and cognitive behavior therapy using different techniques. Those included rapport building, psychoeducation, fitcontrol manoeuvre, family guidelines to fit/sick behaviour, operant conditioning program,emotional regulation and stress inoculation training. Patient reported improvement in hersymptoms. At the termination of therapy, post treatment subjective rating of symptoms wadone, along with relapse prevention. And therapy blueprint was given to patient.

Perceptions Of Wedding Trends And Rituals: A Gender Based Comparative Study

Aziz Fatima, Dr. Uzma Ashiq Khan& Maryam Zafar
LCWU, Lahore

Abstract
World widely, Weddings have been setting trends of overspending and societal pressure. The present study explored gender perception regarding wedding trends and rituals that have been practicing due to lavish and simple weddings in Lahore. The impact of socio-demographic variables e.g. educational level, income level, and age differences were analyzed with respect to wedding trends and rituals. Quantitative research design based on self-developed questionnaire was used to collect data (N=300) from different private and public institutes, through purposive sampling technique from different areas of Lahore. For descriptive and inferential statistics, the data was analyzed through SPSS version 25. Independent sample T-test and One-Way ANOVA was applied; the results indicated that there was a significant gender differences and socio-demographic variables also found statistically significant differences with respect to trends and rituals. The study identified preferences and reasons of simple and lavish weddings through gender perspectives.

Keywords: trends, rituals, socio-demographics, gender perception.

Comparison of Depression among Married and Unmarried Females Living in Lahore

Bushra Yousaf, Syeda Maryam Batool
LCWU, Lahore

Abstract

Depression is a frequent and significant medical condition that has a detrimental effect on how you feel, how you think and how you act. Luckily, it is curable as well. Depression produces unhappiness and/or loss of interest in your previously appreciated hobbies. It can cause a range of physical and mental difficulties and reduce your capacity to work and work at home. The purpose of this study is to investigate the level of depression among single and married women in Lahore. Depression was more prevalent in married women than in unmarried women. There

are numerous factors that influence females, including in-laws' behavior, shopping routines, and customs, among others, making married women more depressed. The present study also studies the relationship between married and unmarried women's levels of depression living in Lahore. The study adapted a quantitative research design a questionnaire is used. The questionnaire is distributed among the married and unmarried females. The collected data was analyzed by using the Statistical Package for Social Science (SPSS) software. Finding showed that "there is a significant difference between depression of married and unmarried women living in Lahore". Married females face more depression than unmarried females. The second major finding showed that "there is a non-significant relation between the age and depression level of married women living in Lahore" which shows Positive relationship between two variables. The results of this study may help researchers better understand how on practical grounds depression differs among married and unmarried females living in Lahore. It will be very useful and beneficial to new researchers, academicians, and students.

Key words: Depression, Married, Unmarried, Lahore

ICPB-23-213

Gender Differences in Post-Retirement Depressive Behavior in Lahore

Hifza Mumtaz, Syeda, Maryam Batool, & Sabeen Shakil
LCWU, Lahore

Abstract

The retirement process begins with developing a new post-retirement lifestyle. Having retirement is the transformative process that accompanies change in an individual involvement, social roles, or lifestyle. Usually, after retirement, people encounter a number of physical, mental, and psychological issues. Among the most common mental health problems, depressive disorder is the most common illness after retirement. The purpose of this study was to investigate the gender differences in the level of depression among retired men and women between the age of 60-70 years. The quantitative research design was used in this study. The study was conducted on a sample of 100 men and women. The selection of participants from the population was carried out through the purposive sampling technique. Geriatric Depression Scale (GDS) was used in this study. This scale is a 15 items screening tool and uses a Yes/No format. The results were obtained by analyzing the data through SPSS. The results revealed that there was a gender difference in depression after retirement. Women's mean scores (M = 6.84) were higher than men's (M = 4.56). This study shows thatwomen are more depressed and experience difficulty living peacefully. Findings suggestedthat there should be proper facilities and training centers

that help old people in coping andreducing their level of depression by engaging in valuable, healthy, productive activities and provide them the pace of easiness that whatever is required to have good mental health after retirement.

ICPB-23-214

Difficulties Faced By Women to Reach Managerial or Higher Positions in Lahore
Maha Ali, Syeda &Maryam Batool
LCWU, Lahore

Abstract

The present study aimed to put together the challenges faced by women to reach managerial or higher positions in Lahore. The support they received and the criticism they faced in the journey toward their goal. There was support in some cases but on the very primary level. The criticism came from every direction, even from close family and friends. Assuming the difficulties and double jobs these women had to perform. They were mostly told to quit their jobs and focus on their family lives. The workplace challenges played their role, along with the bias regarding women and traditional cultural barriers. The data was gathered by conducting interviews. The technique used for data analysis was the Qualitative method. The collected data was summarized through coding, and the results were derived from the responses. The research findings show that women had to face different challenges at every part of their journey to be in the positions they are currently working on. Men are preferred at higher positions because they don't have any domestic chores, and their focus and concentration would be more on their work. Society has begun accepting women to work outside of their homes and be in higher positions, but her efforts are doubted, and men are given an advantage over them. As a developing country, we are making advancements in every demeanor. But the challenges women face need special attention, which will eventually lead to the betterment of this country.

ICPB-23-215

"When a man was a boy" – Upbringing of patriarchal practices

Mahnoor Tariq, Samina Riaz
LCWU, Lahore

Abstract

This study intends to investigate the patriarchal practices involved during up-bringing of boys in our society. Qualitative research design was employed to obtain in-depth information. Sample of the study was consisted of five fathers and five mothers. Purposive sampling was done. Semi structured interviews were carried out after ensuring confidentiality and taking their consent. Recorded interviews were later transcribed for analysis. Thematic analysis was done. Five major themes were obtained. Privileged status, training for future roles, treatment of father/mother with daughters, fathers' own behavior in house and parental expectations. Findings showed that parents raise their sons keeping in view of their future roles and responsibilities. They provide best resources to sons. They give boys autonomy and train them as future fathers. Growing up in privileged environment boys learn their importance and dominance over girls. It was also found that father's own behavior in the house was also very important.

ICPB-23-217
Attitudes towards Elderly by Ethnic Youth of Pakistan

Ruhma Perwaiz, Dr Uzma AshiqKhan, Maryam Zafar
LCWU, Lahore

Abstract

Pakistan ranks fifth as a country with the highest population in the world. With the increasing population, the elderly population has also been increased and represents 7% of the country's total population. Considering the significance of the elderly population, the presentstudy is designed to explore the attitude of its youth towards the elderly from the perspective ofdifferent cultures. A semi-structured self-developed questionnaire was used to collect data. Fivehundred and one (501) participants of both genders aged 15-29 were selected using the purposivesampling technique. To analyze data, content analysis was used. Results indicated that themajority of the youth attitudes towards the elderly were positive and positive aspects of theelderly were highlighted more by the youth. The attitude among ethnic groups of Pakistan,

levelof youth positive attitude was found high in Pukhtun culture. This research would help betterunderstand the attitudes of the youth of different ethnic groups towards the elderly.

Keywords: attitudes, elderly, ethnic youth, Pakhtun culture, Pakistan

ICPB-23-216
Knowledge about HIV/Aids among Married People

Bushra Imtiaz, Syeda Maryam Batool, and Yusra Khalid
LCWU, Lahore

Abstract

In this study, we explored the societal perspective of married people on theawareness of HIV/AIDS. In Pakistan, HIV/AIDs forcefulness is needed to deal withquiet heightening of HIV-contaminated numbers. The primary focus of this study was getting aware of the knowledge and the perspective of married people about thisdisease on gender basis between the age group 25-40 years. The quantitative researchdesign was used in this study. The selection of participants from the population was carried out through the snowball sampling technique. It was conducted on a sample of 40 men and 40 women. In this study, we used the scale of HIV/AIDs knowledgescale. The results were obtained by analyzing the data through SPSS. The results revealed that there was a non-significant mean difference in knowledge aboutHIV/AIDs among married people. Women's mean scores (M = 10.90) were higherthan men's (M = 10.53), and by Pearson correlation, education levels have asignificant negative correlation with the knowledge about HIV/AIDs (r=-0.048, p<0.05). Findings suggested that proper health facilities and awareness programsshould be used to spread knowledge about HIV/AIDs.

Keywords: Perspective, threatening, awareness, HIV/AIDs and knowledge.

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