



NEWSLETTER

DEPARTMENT OF HUMANITIES

SPRING FALL 2020

COMSATS UNIVERSITY ISLAMABAD, LAHORE CAMPUS



*PHOTOGRAPH BY HUSSNAIN AMIR
DEPARTMENT OF MEDIA AND COMMUNICATION STUDIES CUI LAHORE*

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Spring-Fall 2020

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MESSAGE FROM THE **DIRECTOR** CUI LAHORE

DURING *the past year, we faced many challenges about health, academic policies, and devising new channels to communicate with our faculty and students. Still, academia is unflinchingly struggling with the uncertainties this pandemic has brought. In these challenging times, one thing that kept us going has been connectivity, hope, and togetherness. This era has brought a lot of opportunities to learn and improve ourselves as academicians. I appreciate my faculty members who have been facing the challenges associated with e-learning.*

Despite challenges, they have been teaching with passion, enthusiasm, and diligence. I must applaud those who have learned the new channels and arranged webinars, online seminars, workshops, and kept going. It is indispensable to move forward with commitment and a true sense of learning. We are in a far different world now as COVID-19 has turned our world upside down during the past year and burdened us with much more profound responsibilities, leaving us with lesser space to exhibit all the existing faculties of heart and soul to its fullest. Social scientists play their special role to help people fight the challenges and bear scholarly responsibilities to gauge the primary mission of learning associated with such uncertainties and restrictions. Apart from Covid Situation, in the modern world of technology, the significance of humanities and social sciences cannot be ignored.



It helps us to understand others through languages, history, philosophy, and cultures. This department helps in executing social justice and equality while improving students' moral, spiritual, and intellectual sense of the world.

Amid the pure sciences departments, the Department of Humanities established and retained its uniqueness and individuality by offering redeemable services to all the allied departments with a true spirit of imparting knowledge and produced remarkable output fully prepared to exalt in this competitive world around them. In addition, I believe that our students and faculty will keep on forming a constructive liaison to exert their constructive role during this pandemic. I hope the coming year will bring health, happiness, and peace and I look forward to a prolific journey together.

Pro. Dr. Syed Asad Hussain
Director CUI, Lahore

MESSAGE FROM THE HEAD OF ACADEMICS AND RESEARCH CUI LAHORE

*My Dear Colleagues and Readers,
Welcome to the new edition of the
Humanities Department Newsletter.
Being an academician, I take a special
interest in the department of Social
Sciences and Humanities. This is the
only department that is embellished
with a variety of social scientists and
researchers who pave the way for the
students to learn and notice the
environment in which they live and
prosper. Social sciences is not only a
field of study but a way of learning
human behavior and society. I always
appreciate the way this department
shows its determination in the fields of
English learning, Applied Psychology,
International relations, and Islamic
values.*

*COMSATS University has partnerships
with multiple institutes of education,
health care, business, the nonprofit
sector, and cultural institutions. Our
wide-ranging liberal arts and sciences
curriculum is led by eminent faculty
members who are specialists in their
fields and value teaching. Our low
faculty-to-student ratio permits us to
have full-time faculty teaching
students in small classes and provides
sufficient chances for undergraduate
and graduate research. We create
opportunities and motivate students to
achieve their goals. COMSATS
University offers more than just a great
learning experience to all level
students.*



*Presently, numerous multifaceted
issues are a threat to the health and
lives of all people on earth. Such issues
include climate change, large-scale
natural disasters, environmental
degradation, and the international
spread of infectious diseases like
coronavirus. We must now endorse our
promise to COMSATS University's
mission — we must sincerely and firmly
seek solutions to the complex issues
being faced by the global society, and
constantly share our progress with it. I
believe that we will continue to make
the maximum efforts to contribute to
society through the creation of new
intellectual values and the cultivation
of outstanding human resources.
This edition is particularly valued and
appreciated as it was created in the
time of dusky days.*

Happy Reading!

*Prof. Dr. Muhammad Ahmed Farooqui
Head, Academics and Research*

FROM THE DESK OF EDITORIAL TEAM

WELCOME TO THE SPRING FALL 2020 ISSUE OF THE HUMANITIES DEPARTMENT NEWSLETTER

In the year 2020, no one comprehended what the outbreak of the novel coronavirus COVID-19 in Wuhan province would mean to the entire world. The wisdom of today is 'stay -home, stay safe' and 'social distancing'. No one has ever imagined that Orwell's concept in '1984' would be seen in the whole worldnation-states ban individual free movements and the gathering of people, while borders are closed, and airplanes are grounded.

The pandemic presented unprecedented challenges in almost every arena of life from a precarious health condition, economic downturn to the closure of educational institutes leading government and other state officials to take serious measures. This virus has drastically changed the way people live, act and work, the first time history has seen such sweeping changes. Academia also witnessed radical changes and a paradigm shift from 'on-site' to 'on-line'. The research focus is also re-shaped in the fields of social sciences and humanities. Despite these enormous challenges faced by our faculty members, they continued exhibiting their exuberance and spirit by arranging and participating in seminars, conferences, and other educational and research activities as life must go on. This 'new-normal' taught us to be more resilient, compassionate and remain connected with our families. It is the time to revisit our ideologies and think as a connected -whole.

MEET OUR EDITORIAL TEAM



*PATRON
DR. SHAMEEM FATIMA
INCHARGE
DEPARTMENT OF
HUMANITIES*



*EDITOR
MS. UMARA SHAHEEN
ASSISTANT
PROFESSOR*



*CO- EDITOR
MS. MARYUM JAHANGIR
LECTURER*



*CO- EDITOR
MS. SUMIRA SALEEM
LECTURER*



*CO- EDITOR
Mr. TALHA ASLAM
LECTURER*

MEET OUR DESIGN TEAM



*LEAD DESIGNER
HUSSNAIN AMIR
STUDENT
DEPARTMENT OF MEDIA STUDIES*



*LEAD DESIGNER
MR. TALHA ASLAM
LECTURER
DEPARTMENT OF MEDIA STUDIES*



*DESIGNER
MUHAMMAD SALMAN
STUDENT
DEPARTMENT OF MEDIA STUDIES*



*DESIGNER
ABDULLAH NASEER
STUDENT
DEPARTMENT OF MEDIA STUDIES*



*DESIGNER
KOMAL ASLAM
STUDENT
DEPARTMENT OF MEDIA STUDIES*



Awards and Achievements

Award in the National Writing Competition



It is a matter of immense pride that Dr. Farooq Abdullah's (Lecturer in Islamic Studies) article titled "Environmental Pollution and our Responsibilities in the Light of the Teachings of Prophet Muhammad (PBUH)" was declared as the 2nd best contribution from all over Pakistan in the National Writing Competition held by the Ministry of Religious Affairs and Inter-faith Harmony, Government of Pakistan. Along with the state merit award, he was presented certificate and a cash prize by the honorable President of Islamic Republic of Pakistan Dr. Arif Alvi in an august ceremony held on November 30, 2020 in Islamabad.

Research Grant



Dr. Musferah Mehfooz (Assistant Professor in Islamic Studies) has brought laurels to the Department of Humanities by securing a research grant of amount one million as an independent investigator from "Sustainable Development Policy Institute." The title of her project is "Predicting the Violent Behavior in Pakistani Youth Exposed to Community Violence: Moderating Role of Parenting."

On 4th February, 2020, Kashmir day was celebrated at CUI, Lahore Campus to acquaint our young generation with the importance and philosophy of commemorating this momentous day.

KASHMIR DAY Ceremony



The event was arranged by Mr. Sohail Riaz (Incharge, Media Studies), Dr. Shameem Fatima (Incharge, Humanities Department), and Ms. Amna Naveed (Associate Incharge, Humanities Department) under the kind guidance and support of Prof. Dr. Ahmed Farooqui. A team comprising faculty members and students of the Humanities Department and Media Studies Program also contributed to organizing the event successfully. Mr. Orya Maqbool Jan, an analyst on NEO TV and a veteran columnist, and Mr. Asadullah Khan, a prodigious anchor of 92 News, was invited as the chief guests' to the special event.

Ms. Tooba Ahmed, Lecturer in English, organized a seminar on "The Sound Heart" on February 21, 2020. Shaykh Mufti Touqeer from NurUllm Academy, Dubai delivered a talk on the significance of performing Islamic rituals to secure contentment and success in life. He also shed light on succeeding in the life after death from an Islamic perspective. The event was immensely appreciated by the faculty members and students.

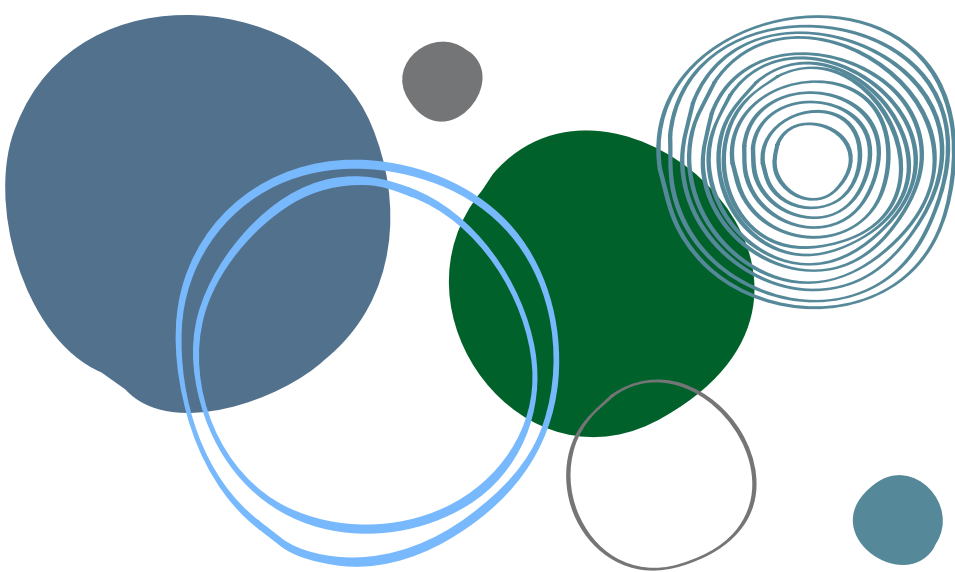
SEMINAR ON THE SOUND HEART



Seminar on Prevalence of Offensive Behaviour in Youth: Solution in the Light of Seerah of Prophet Muhammad (PBUH)



Farooq Abdullah (Lecturer, Islamic Studies) along with the faculty members of Islamic Studies organized a seminar on “Prevalence of offensive behavior in youth: Solution in the light of Seerah of Prophet Muhammad (PBUH)” on February 26, 2020. Dr. Ishtiaq Gondal, Professor at Sheikh Zayed Islamic Centre, The University of Punjab, Lahore was invited as the guest speaker who discussed how offensive behavior in youth can be rectified if we follow the teachings of Hazrat Muhammad (Peace be upon him).



Online Workshop on Zotero

Dr. Aasia Nusrat (Assistant Professor in Applied Linguistics) conducted a workshop on the use of Zotero for citing references for the students of MS English on May 19, 2020. The main objective of arranging this workshop was to make students aware of the importance of using Zotero in research activities such as research articles and dissertations. They were also informed how the software facilitates reference citation in the required styles such as MLA or APA.

Panelist in Webinar on Youth on the Move

Dr. Shameem Fatima (incharge of, Humanities Department) participated as a panelist in a webinar on "Youth on the Move" organized by the International Young Psychologists Society. The webinar highlighted the importance of promoting youth development programs that can equip our youth to contribute to socio-economic development.

Seminar on Environmental Pollution and Our Responsibilities in the Light of Islam

Dr. Farooq Abdullah (Lecturer in Islamic Studies) delivered a talk on "Environmental Pollution and Our Responsibilities in the Light of Islam." in a seminar organized by Dr. Muhammad Ahmed Farooqui (Head of Academics and Research, COMSATS University Islamabad, Lahore Campus) on November 11, 2020.

Completion of E-Teaching Course

Ms. Shazia Aziz (Assistant Professor in English) completed a 15-week online E-Teacher certificate program "Transitioning to Teaching Language Online" delivered by the Centre for Advanced Research on Language Acquisition, the University of Minnesota from 6th January to 20th April, 2020. The course was sponsored by the Regional English Language Office (RELO) of the US Embassy, Islamabad under its E-Teacher Plus Program for Pakistan.

ONLINE WORKSHOP ON QUALITATIVE Data Analysis

Dr. Aasia Nusrat (Assistant Professor in Applied Linguistics) organized a one-day online workshop on Qualitative Data Analysis for the students of MS English Linguistics and Literature on May 12, 2020. Dr. Rabia (Assistant Professor, UCP, Lahore) was invited as a trainer who enhanced students' understanding of qualitative data analysis and demonstrated the application of content analysis, thematic analysis and discourse analysis. She helped students in analyzing their qualitative data gathered in the form of interviews, observation and speeches.

“Guest Speaker at Kashmir Conference”

Dr. Farooq Abdullah (Lecturer in Islamic Studies) was invited as a guest speaker at Kashmir Conference organized by the Pakistan Youth Administration Group (PYAG) at Zafar Ali Khan Institute, Lahore on February 09, 2020. Dr. Muhammad Saeed (the Director-General of IWASRI, WAPDA) graced the occasion as the chief guest.



Seminar on poetry of **ALLAMA IQBAL** and the **YOUTH OF PAKISTAN**



Dr. Farooq Abdullah (Lecturer in Islamic Studies) was invited as a guest speaker to deliver a talk on “Poetry of Allama Iqbal and the Youth of Pakistan” at a seminar arranged by Pak-Turk Maarif International Schools and Colleges, Lahore. The program was chaired by OrhanTashkiran, Director, Pak Turk Maarif Foundation. Dr. Abdullah shed light on the importance of Iqbal’s poetry and its relevance to the development of our youth. He said that Allama Iqbal was the most creative and original thinker who sought to bring many strains of Islamic life and thought together to strengthen the Muslim faith.

ONLINE WORKSHOP ON **CV & JOB INTERVIEW**



An online workshop for the graduating students of CUI, Lahore was organized by the Career Development Cell of COMSATS University Lahore Campus in September 2020. Samar Kamal Fazli (Assistant Professor in English) delivered a workshop on CV writing and offered some model documents and important tips for writing a winning CV for fresh graduates. Ms. Tooba Ahmed (Lecturer in English) conducted an online workshop on job interviews in which she discussed pre-interview preparation techniques as well as strategies for performing well during the interview.

The workshop recordings can be accessed on the Facebook page of CUI, Lahore through the following links:

[https://m.facebook.com/story.php?](https://m.facebook.com/story.php?story_fbid=4757149770969440&id=679414365409688)

[story_fbid=4757149770969440&id=679414365409688](https://m.facebook.com/story.php?story_fbid=4757149770969440&id=679414365409688)

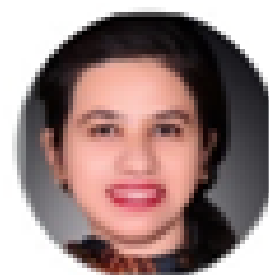
<https://www.facebook.com/679414365409688/videos/347025846412045>

Online Workshop on **Cognitive Behavior Therapy** during **COVID 19 Pandemic**

Dr. Muneeba Shakeel (Assistant Professor in Psychology) conducted an online workshop on "Cognitive Behavior Therapy" during the COVID-19 Pandemic" for the students of Bahria University, Islamabad on September 03, 2020. She discussed the basic structure of CBT and trained students about administering therapeutic intervention for the general population during the pandemic and familiarized them with self-management techniques to reduce health-related anxiety.



Cognitive Behavioral Therapy During Covid-19



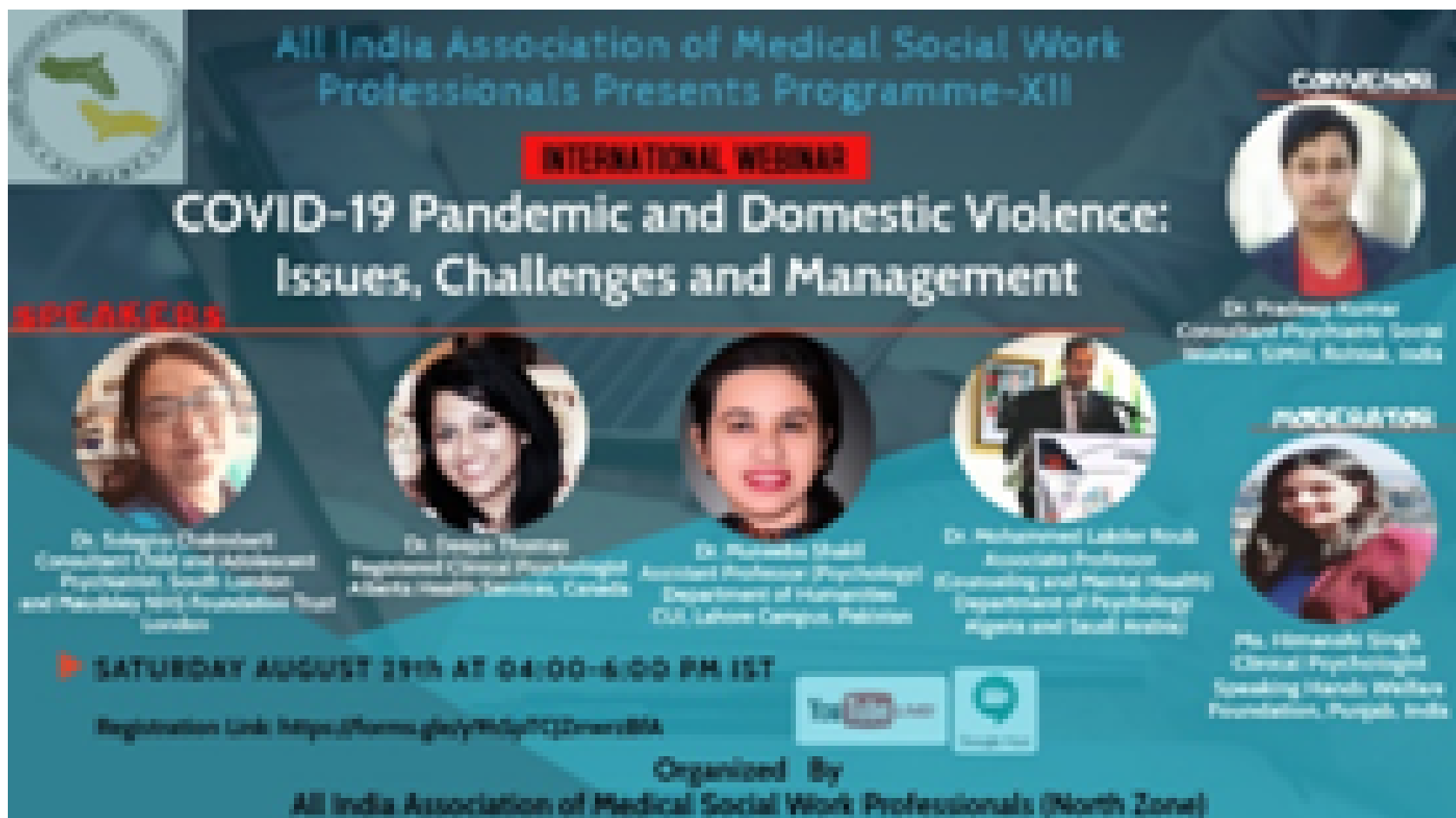
Resource Person
Dr. Muneeba Shakeel
Consultant Clinical Psychologist
Certified Hypnotherapist (NCH, USA)

Date: 3-Sep-2020
Timing: 2:00 to 3:30 pm
Audience: Professionals Only

Hosted By
Dr. Noor Inam Zaman
Head of Professional
Psychology Department
Bahria University
Islamabad

Dr. Muneeba Shakeel (Assistant Professor in Psychology) delivered a presentation on “Management of Domestic Violence” on 29th August, 2020 in an International Webinar on COVID 19 Pandemic and Domestic Violence: Issues, Challenges, and Management organized by All India Association of Medical Social Work.

Presentation on Management of Domestic Violence



The poster is for an international webinar titled "COVID-19 Pandemic and Domestic Violence: Issues, Challenges and Management". It is organized by the All India Association of Medical Social Work Professionals (North Zone). The poster features a list of speakers, a moderator, and a registration link. The speakers are: Dr. Indira Choudhary (Consultant Child and Adolescent Psychiatrist, South London and Maudsley Hospital, London), Dr. Indira Thomas (Registered Clinical Psychologist, Atlanta Health Services, Canada), Dr. Muneeba Shakeel (Assistant Professor (Psychology), Department of Humanities, DUJ, Lahore Campus, Pakistan), Dr. Muhammad Latif Raza (Associate Professor (Counseling and Mental Health), Department of Psychology, Algeria and Saudi Arabia), and Dr. Himanshi Singh (Clinical Psychologist, Speaking Words Wellness Foundation, Punjab, India). The webinar is scheduled for Saturday, August 29th, at 04:00-6:00 PM IST. The registration link is <https://forms.gle/yPH5yPCZmrv8BA>. The poster also includes logos for Zoom and Google Meet.

CONVENER
Dr. Indira Choudhary
Consultant Psychiatrist, South London, Maudsley, London, India

SPEAKERS
Dr. Indira Choudhary
Consultant Child and Adolescent Psychiatrist, South London and Maudsley Hospital, London

Dr. Indira Thomas
Registered Clinical Psychologist
Atlanta Health Services, Canada

Dr. Muneeba Shakeel
Assistant Professor (Psychology)
Department of Humanities
DUJ, Lahore Campus, Pakistan

Dr. Muhammad Latif Raza
Associate Professor
(Counseling and Mental Health)
Department of Psychology
Algeria and Saudi Arabia

Moderator
Dr. Himanshi Singh
Clinical Psychologist
Speaking Words Wellness Foundation, Punjab, India

INTERNATIONAL WEBINAR
COVID-19 Pandemic and Domestic Violence: Issues, Challenges and Management

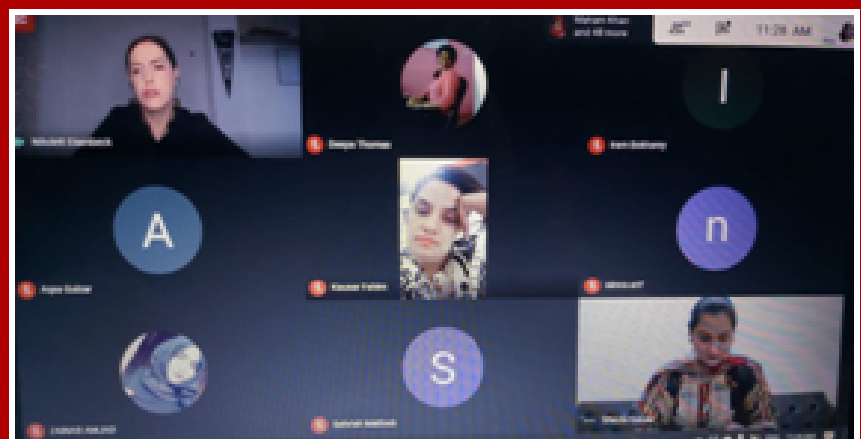
Organized By
All India Association of Medical Social Work Professionals (North Zone)

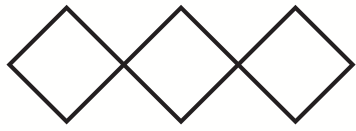
SATURDAY AUGUST 29th AT 04:00-6:00 PM IST

Registration Link: <https://forms.gle/yPH5yPCZmrv8BA>

International Webinar on COVID 19 & Mental Health

An international webinar on “COVID 19 & Mental Health” was organized by Dr. Shameem Fatima (In-charge, Humanities Department) and Dr. Shazia Gulzar (Lecturer in Psychology) on October 09, 2020.





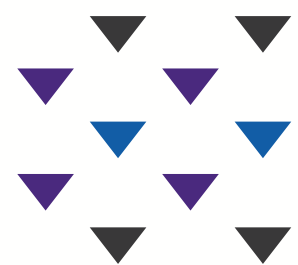
ORIENTATION SESSIONS FOR

VISITING FACULTY MEMBERS

Orientation session for the visiting faculty members was conducted by Dr. Farzana Ashraf (Assistant Professor in Psychology) and Ms. Amna Naveed (Assistant Professor in English) on October 09, 2020. The purpose of the session was to acquaint the visiting faculty with CU Online portal, FRR, and other necessary documentation to ensure the quality of recorded lectures, student-teacher interaction and maintenance of other required documents.



“The Reluctant Fundamentalist” ONLINE TALK ON



Ms. Shazia Aziz (Assistant Professor in English) delivered an online talk for the seminar class arranged by Dr. Mbaye Lo (Seminar Class Professor at Duke University, North Carolina, the USA) on October 15, 2020. She shared her views on Pakistan's Foreign Policy regarding Pak-US relations, the 9/11 incident, and Mohsin Hamid's 'The Reluctant Fundamentalist,' a best seller on the ideology of extremism written in our milieu. It was an interesting talk which was followed by a question-answer session.

WORKSHOP ON **Developing Advanced Communication Skills in Academia**

Ms. Javaria Farooqui (Assistant Professor in English) was invited by the University of Home Economics to conduct a workshop for their faculty members on 16th October 2020. The workshop focused on developing advanced communication skills in academia. Ms. Farooqui



emphasized the significance of a knowledgeable usage of the social media platforms for building research profiles. The Vice-Chancellor of the university thanked her in exquisite words and presented her an honorary shield along with a certificate.

Completion of Online Course

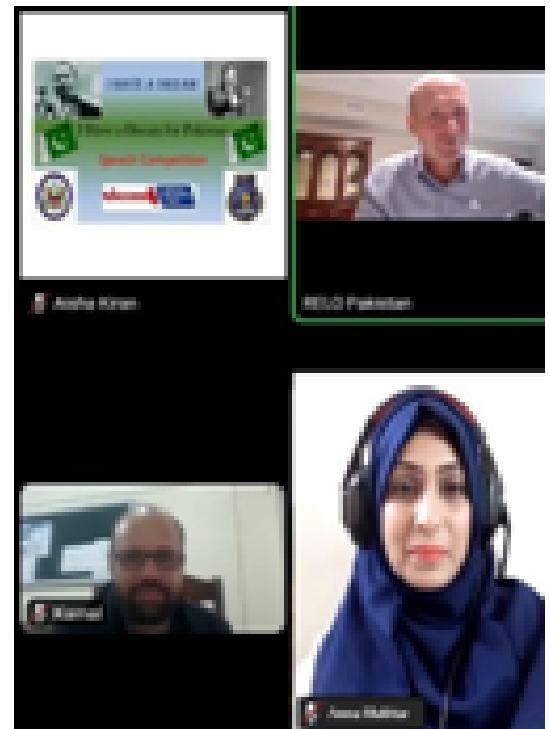
Teach English Now! Technology Enriched Teaching

Ms. Sadaf Fatima (Lecturer in English) completed a 6-week online course "Teach English Now! Technology Enriched Teaching" from Arizona State University, America offered by Coursera under the collaboration of COL, Canada with Fatima Jinnah Women University, Rawalpindi on November 10, 2020.



Adjudication of Speech Competition

Ms. Amna Naveed adjudicated a speech competition organized by RELO, US Consulate Lahore for the access students of Jamia Naeemia. Above 250 students attended the competition to encourage and support the contestants who shared their views on "I have a dream for Pakistan."



Translated Article Published in Afghan Magazine

An article titled "The Role of Strictness and Flexibility in Children's Training" authored by Dr. Farooq Abdullah (Lecturer in Islamic Studies) was translated into Pashto by Afghan scholar (MoneerLehaz) and got published in Afghanistan's Pashto Magazine "LOPATA" on August 31, 2020. This magazine was published in Kunar, a province of Afghanistan, and distributed in all the provinces of Afghanistan. This magazine is also available with Afghan Consul General in Pakistan.



Seminar on Environmental Pollution and Our Responsibilities in the Light of Islam

Dr. Farooq Abdullah (Lecturer in Islamic Studies) delivered a talk on "Environmental Pollution and Our Responsibilities in the Light of Islam." in a seminar organized by Dr. Muhammad Ahmed Farooqui (Head of Academics and Research, COMSATS University Islamabad, Lahore Campus) on November 11, 2020.

Hosting of Radio Program

Dr. Farooq Abdullah (Lecturer in Islamic Studies) hosted a program at Radio Pakistan Lahore on October 06, 2020. Professor Dr. Muhammad Abdullah from the University of the Punjab was invited as a guest who expressed his views about the life and teachings of Hazrat Ibrahim (AS). Dr. Muhammad Abdullah said that Hazrat Ibrahim's (AS) life was filled with tribulations, but his valour and courage with which he faced them set an example for mankind to follow. Through his sincere submission and unflinching faith, he came to be known as the Friend of Allah.



Awareness Seminar on Coronavirus: How to deal with this worldwide epidemic

Maryam Amjad (Lecturer in Psychology) arranged an awareness seminar on "Corona-Virus; How to deal with this worldwide epidemic?" on March 4, 2020. The speaker Dr. Khawar Abbas Chaudhry, Associate Professor of Medicine, and a renowned Pulmonologist / Chest Diseases, Critical Care & Sleep Medicine Specialist, discussed how we can protect ourselves from this virus which pandemic has caused several casualties across the globe.



On 4th May, Mr. Sohail Riaz, Incharge Media Studies, arranged an online session with one of the renowned Pakistani anchors, Mr. Imran Khan to commemorate World Press Freedom Day.

Celebrating World Press Freedom Day with Mr. Imran Khan

The famous anchor shared his views about the crucial role of journalists in influencing people by presenting true picture of the events. He also shed light on the fundamental principles of press freedom and their implementation across the globe. Furthermore, he laid stress over the need to defend media from freedom invasion. He also paid tribute to journalists and reporters who had lost their lives while upholding their mission of telling the truth. It was an engaging session which was greatly appreciated by the students.



WORLD PRESS FREEDOM DAY 2020



DEPARTMENT OF MEDIA AND COMMUNICATION
STUDIES CUI, LAHORE PRESENTS

PAKISTAN'S CELEBRATED ANCHOR

IMRAN KHAN

IN A LIVE SESSION ON WORLD PRESS FREEDOM DAY
TO EXPRESS GRATITUDE AND PAY TRIBUTE TO THE
PRESS

TIMINGS
01:30 - 02:00 PM

DAY/DATE
MONDAY / May 4,
2020

MEDIUM
ZOOM MEETING

Journalism in Digital Era

An Online Session with
Siddique Jan

MINT society arranged a session with Mr. Siddique Jan, a renowned anchor of BOL TV, on 13th May 2020. He shared his experience of coming from a remote area to becoming a famous anchor. He emphasized the importance of pursuing goals and regarded hard work as the only key to success. He shared his views about the rise of the digital era in



journalism which is the era of aggressive digital evolution that has rendered information one of the most valuable commodities in existence today.

Freedom of Speech

in **Pak-China** Media

An online session with
Ms. Zoon Ahmed Khan



On 19th May, Ms. Zoon Ahmed Khan was invited to deliver a talk on the freedom of speech in Pak-China Media.

Ms. Zoon Ahmad is a Beijing-based Pakistani researcher and journalist, who is currently working as a research fellow at One- Belt and One-Road Strategy Institute, Tsinghua University. She was of the view that people, nowadays, rely a great deal on the press the getting updated about what is happening around the world. She highlighted the significance of freedom of speech because she believed that the root of journalism is the people's right to have an opinion.

NEWSPAPER

as a tool of Mass Communication

an Online Session with' Mr. Dilawar Chaudhary



On 15th July, the Spring 2020 batch of Media and Communications arranged an online session with Mr. Dilawar Chaudhary, Chief News Editor at Daily Nawa-e-Waqt. He threw light on the pivotal role of newspaper as a mass communication tool in the present era where everything has been digitalized. He talked about the current advancement in print media. He shared some examples from the past and drew comparison between both eras. This session was very interactive and informative for the students who were interested in pursuing their career in print media.

Online Session on **Radio as a Tool of Mass Communication** with **Mr. Rizwan Razi**

On 29th July, a session with Mr. Rizwan Razi was arranged by Mr. Sohail Riaz Raja, Incharge Media Studies Program. Mr. Rizwan Razi is an eminent media personality who has been working for two decades in the field of journalism and radio coverage of the events. He also shed light on the crucial role played by radio in the history of Pakistan. They suggested students start their own radio sessions through social media platforms and is also designated at Din News as Head of Programming. He elaborated on all the aspects regarding



and has also worked for several news agencies in Pakistan. Currently, he is Vlogging at various social media platforms and is also designated at Din News as Head of Programming. He elaborated on all the aspects regarding

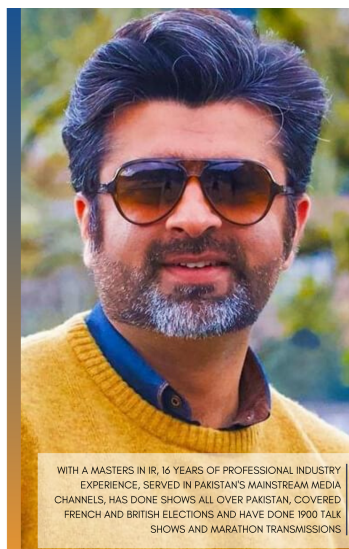
Online Session on **TV as a Tool of Mass Communication** with **Mr. Irfan Asghar**

On 22nd, MINT Society organized an online session with one of the most leading professionals of the Pakistani media industry, Mr. Irfan Asghar, a Producer, Director of Programming, Product Development, and Electronic Media Analyst. He is a versatile name behind entertainment, infotainment, and trend-setting tv shows such as Mazaak Raat, Hasb e Haal, Nadia Khan Show, and Duniya Kamran Khan ke Saath. This session was highly informative and inspirational for youngsters who are passionate about their careers in filmmaking and production.



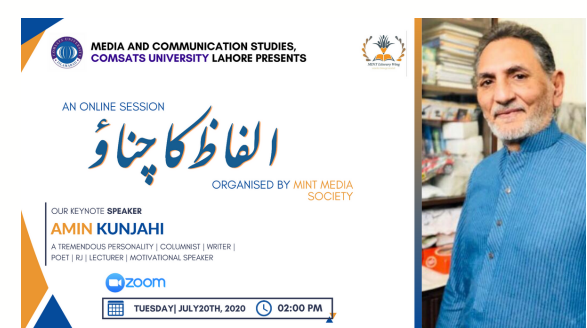
SUBJECTIVE & OBJECTIVE JOURNALISM

An Online Session with Mr. Ameer Abbas



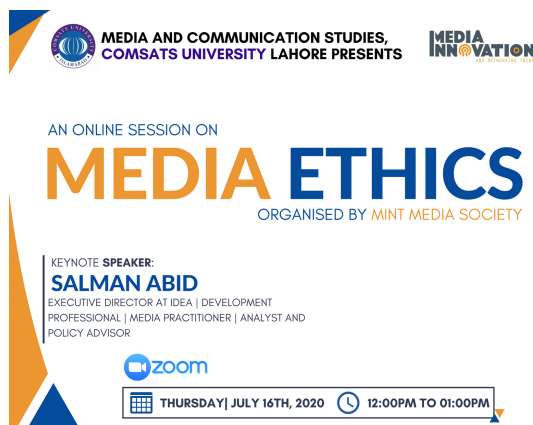
MINT society arranged a session with an iconic personality of the media industry, Mr. Ameer Abbas on July 24, 2020. Ameer Abbas is one of the most prominent names in the news landscape of Pakistan. He has been a leading prime-time current affairs journalist with a promising career spanning over a decade. He has provided his much sought out services to various channels including Duniya News, Express, Waqt, and Dawn News, and has received acclaim and countless plaudits for his contributions to the country. Mr. Ameer Abbas is also a dynamic author and columnist. His descriptive, as well as compendious writing style, makes him stand out amongst others. He is famous for his motivational columns which carry important life lessons for readers of all ages. Currently, he is the host of the BOL News program "Tabdeeli Ameer Abbas keSaath". The informative session was followed by a question-answer session which further enhanced students' conceptual clarity about subjective and objective journalism.

Online Session on Alfaz Ka Chunao with Amin Kunjahi



On 21st July, the MINT Society arranged a session with Amin Kunjahi who is a distinguished poet, writer, lecturer, and columnist. This session focused on the significance of the Urdu language. The guest speaker motivated students by saying that they should appreciate their own cultural preferences rather than immersing themselves in foreign languages. In the end, Amin Kunjahi appreciated the efforts of the organizers. He also lauded the vision and endeavors of Mr. Sohail Riaz, incharge Media Studies Program, for arranging such motivational sessions to inspire young minds.

Online Session on **Media Ethics** with **Mr. Salman Abid**



An informative session with Mr. Salman Abid was organized to guide students about media ethics. He is one of the most leading columnists, a versatile analyst, development professional media practitioner, and Executive Director at Idea. Media ethics is the best division of applied ethics dealing with the specific ethical principles and standards of media, including broadcast media, film, theatre,

the arts, print media and the internet. The guest speaker expressed his views on media ethics in professional journalism and the diversified branches of media. The session generated a lot of interest in the participants; most students actively participated in the question-answer session to gain deeper insight into the field of media ethics.

BOOKS

as Tool of Mass Communication
with **Mr. Farukh Sohail Goindi**

MINT society arranged an online session with Mr. Farukh Sohail Goindi who is the CEO of Jamhoori Publications, a columnist, media analyst and an international travel expert on July 8, 2020. The main purpose of this session was to develop the interest of students in books by highlighting their significance. Books are packed with knowledge, life lessons, and insights for happy life. Books have been here for centuries and without them, transfer of knowledge concerning our ancestors, cultures and civilizations would have been impossible. This session was really interesting and interactive, especially, for the youngsters. The guest speaker motivated the students to develop book reading skill which is crucial for career advancement in the field of media.



Build Bridges through Civic Engagement

“Building Bridges through Civic Engagement” is another milestone achieved by [Media Studies Department](#) enabling students to connect with the International Universities for better communications skills and enhanced exposure. The department organized a “Global Communication Summit” from October 23-24, 2020. The objective was to provide the students an international exposure with a dynamic range of experts via summits and workshops. This summit was among the greatest achievements for the students as they not only successfully hosted the event but also made it possible during the challenging times of COVID-19 outbreak with the help of cooperative faculty. Moreover, students were able to connect with one of the greatest institutes, “Emerson College” which is also considered to be the center of Global Communication. This was an honor and prestige for the students to organize the summit and learn the power of decision making during event mangament.



The Landscapes of Digital Public Relations

On 9th December, **MINT** Society organized a workshop with the Senior Lecturer of Communication and Public Relations at the University of Brawijaya, Indonesia. The session was organized with the belief that the world of communication doesn't have any boundaries or borders and the whole world is a global village. This session aimed to enable students to identify the effectiveness of the PR activities embedded within a certain marketing mix. Moreover, the importance of Social Media for a PR Campaign was also highlighted. The speaker highlighted that communication could not be learned only while remaining restricted to one landscape and a small area of the

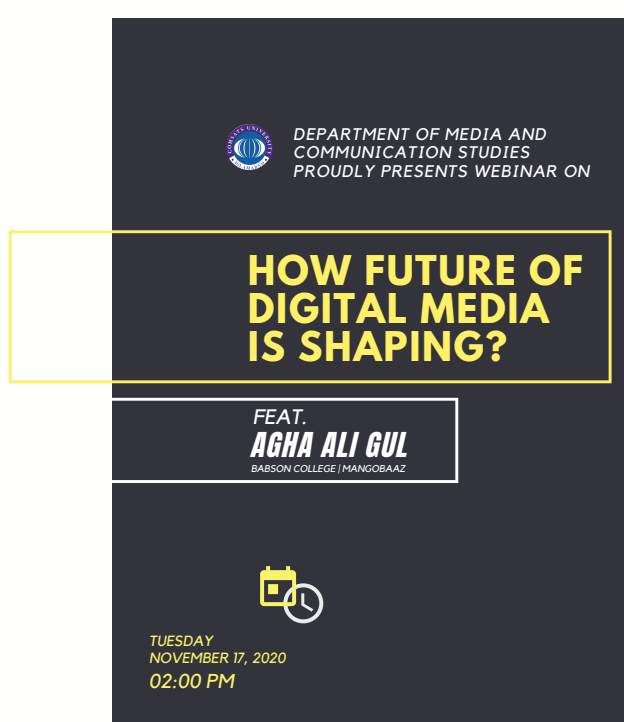


world. For this, we need to explore the world and learn things from people with diverse ethnicities around the globe.

Script to Screen with Eleanor Barakett



Media Studies Department arranged a webinar on exploring filmmaking “Script to Screen” on November 06, 2020. Ms. Eleanor Barakett, a veteran filmmaker from Boston, the USA, shared her experience pertaining to global production and unveiled the incidents that motivated her to become a filmmaker. She explained how things work behind the scenes and what requires becoming a credible producer or a director. Ms. Eleanor also expressed why she preferred to be the person behind the lens instead of the one in front of the lens. She briefed about her recent project related to global youth reporters and revealed what had kept her committed to her work even during the pandemic. She also interacted with the students and addressed their queries. The session was immensely appreciated by the students.

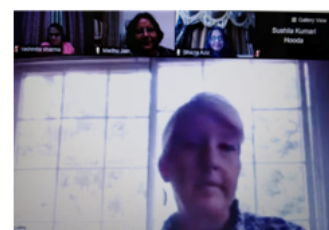


How Future of Digital Media is Shaping? with Agha Ali Gul

Media Studies Department organized an online interactive session with Mr. Agha Ali Gull,

a digital media icon, founder, CEO, and Creative Head of a youtube channel, MangoBaaz, The partnership between the department and MangoBaaz offered students a great opportunity to directly interact with him and learn from his experiences. Being the pioneer in digital content creation, Mr. Ali shared his experience of overcoming the challenges. Mr. Ali has been particularly in touch with young energetic optimistic students because he believes that fresh minds generate innovative ideas and bring about revolution. MangoBaaz is one of his successful ventures and is a very creative platform that has invariably become popular among the youth. This session encouraged the students to be entrepreneurs and materialize their dreams.

Ms. Shazia Aziz (Assistant Professor in English) presented a research paper titled 'Remote Supervision as a New Norm: An Investigation of Managerial Adeptness' at the 2020 MTMI International Conference on Emerging Issues in Business, Technology and Applied Sciences, Washington, D.C (USA) held on 11th and 12th September 2020. The conference was jointly organized by the University of Maryland Eastern Shore, USA & Frostburg State University, USA and the Modern Technology and Management Institute Inc., Washington, D.C. Ms. Javaria Farooqui (Assistant Professor in English) presented her paper titled "Because Historical. Don't Need to be Hidden" on July 16, 2020, at the HUM Live Conference of the University of Tasmania, Australia. Her research was a fragment of her ongoing Ph.D. project.



Ms. Sadaf Fatima, (Lecturer in English) presented a research paper titled "A Study of Code-Switching Patterns of Pakistani Punjabi Youth" at the 6th International Conference of the Linguistic Association of Pakistan (ICLAP 2020) on November 20, 2020. Dr. Musferah Mehfooz (Assistant Professor in Islamic Studies) presented a paper titled "Religious Extremism in Responding COVID-19 Crisis in Pakistan: A Counter Narrative Analysis" at the conference perspectives on Community Resilience to Violent Extremism: Challenges in the Times of COVID-19 held on December 14-17, 2020. Dr. Musferah Mehfooz (Assistant Professor in Islamic studies) presented a paper entitled "Legal Efforts of Council of Islamic Ideology & Muslim Family Law Ordinance 1961: Application & Outcomes in Pakistan" in 2nd International Conference: Emerging Social Issues of Women and Seerat-e-Tayyaba ﷺ (ICESIWST-2020), Institute of Islamic Studies, University of the Punjab Lahore, Pakistan on November 4-5, 2020. Dr. Musferah Mehfooz (Assistant Professor in Islamic studies) was invited to evaluate conference presentations during a concurrent session of the Conference on Emerging Social Issues of Women and Seerat e Tayyaba ﷺ (ICESIWST-2020) organized by the Institute of Islamic Studies, University of Punjab, November 04- 05, 2020.



Conference Presentation

On 29th January, 2021, Department of Humanities welcomed the worthy director of COMSATS University Islamabad, Lahore Campus and bid farewell to Dr. Maryam Akram (Lecturer in Psychology) over a scrumptious buffet served with all homemade dishes under the vibrant guidance of Dr. Shameem Fatima (HoD, Humanities). The worthy director Dr. Asad Hussain appreciated the endeavor and acknowledged the love and energy invested to add in the taste of dishes. He showed his gratitude and concern for the growth and prosperity of Humanities Department. He ensured the provision of facilities for the progress of the department and laid stress on the significance of hard work.

Dr. Farooqui, Head Academics, motivated the faculty and raised their morale by emphasizing that no society can reach its advanced stage until it values the arenas of social sciences and humanities. "Social sciences is the building block of all studies," he added. This memorable event marked its end by presenting souvenirs to the worthy director Dr. Asad Hussain and Dr. Maryam Akram. They both expressed gratitude and good wishes for the department and university.

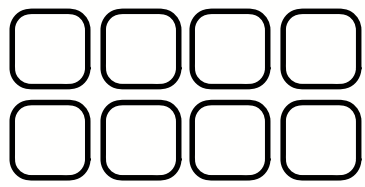
Farewell Party

FAREWELL TO DR. MARYAM AKRAM



Workshops Attended:

- Dr. Musferah Mehfooz (Assistant Professor in Islamic studies) attended a two-day workshop on Community Resilience Research Network, Capacity Building session at Avari Hotel, Lahore on October 09-10, 2020.
- Ms. Shazia Aziz (Assistant Professor in English) attended two certification training sessions by ProQuest online on "How to Manage References Using Refworks" and "Five Tips for Getting Published" on October 27-28, 2020.



Webinar on Search Engine Optimization and the Online World



Media Studies Department organized a webinar on 'Search Engine Optimization and the Online World' on October 16, 2020. Mr. Haseeb Hashmi, a professional web developer, Search Engine Optimization (SEO) expert, and digital marketing enthusiast was invited as a guest speaker. He discussed how the significant boost in the internet use has made online platforms a leading market for business. He further elaborated that traditional marketing does no longer generate a massive profit. He also highlighted the importance of well-written content in digital marketing which can enable students to attract their target audience. He was of the view that besides fascinating site, relevant content, and great photography, the design and placement of each element also hold great value.

He shared his experience with students and told them different tricks and techniques to improve their content writing and designing skills. He also discussed how to target the right audience to make your content searchable by using the right keywords.

In a nutshell, he discussed the major components of Search Engine Optimization (SEO) and Search Engine Marketing (SEM). Students were asked to explore other people's work and observe consumer behavior as digital marketing is about psychology and sociology more than technology.

Ethics the basics of Community Journalism

with Pawan Singh Arora



Ethics being the necessity of every profession cannot be ignored and need to be inculcated in the young generation. Media Studies Department is eager to promote professional ethics in their students to make a visible difference. Therefore, MINT Society arranged a session with Pawan Singh Arora on November 13, 2020. Thinking beyond religious differences, the department focused on delivering meaningful knowledge to its students. The first Sikh PRO of the Government Mr. Pawan Singh Arora was invited as the guest speaker who stressed the need to follow ethical practices which are imperative for responsible journalism.

Importance of Decision Making and leadership skills (Bilal Ahmad)



On 15th Dec, Media Studies Department arranged a series of inspirational sessions on the importance of decision making and leadership qualities. Bilal Ahmad, President of the School of International Responsibility and one of the leading motivational speakers of Pakistan, was invited as the guest speaker. In his talk, he emphasized the need to develop sense of responsibility and power of decision making to be a good leader.

IMPORTANCE OF DEVELOPMENT SUPPORT COMMUNICATION

The online session with Mr. Salman Abid, a renowned media professional, provided an opportunity to the student of Media Studies to explore the world of development communication. The session was held on December 10, 2020 in which Mr. Salman Abid discussed the role of Development Support Communication (DSC) and the link of DSC campaigns with planners, beneficiaries, and implementers of development activities. He motivated the planners and implementers to provide clear, explicit, and intelligible data about their developmental goals. In his view, they should also provide opportunities to beneficiaries so that they can participate in shaping development outcomes. Furthermore, he explained how DSC ensures that the donor community is kept constantly aware of the achievements and constraints of development efforts in the field.



Production Management

The students of media studies of CUI, Lahore organized an enlightening webinar on Production Management on December 08, 2020. Mr. Sohaib Idrees, a renowned media professional, was invited as the guest speaker. Mr. Sohaib has earned bachelor's degree in TV film & theatre and has had the experience of working for many renowned channels and production houses like Geo Entertainment, Bol Entertainment, MD Productions, Momal Productions, and Larachi Entertainment. The session enhanced students' knowledge about production management.

Aesthetics of Poetry

with Dr. Shahida Dilawar Shah

The literary wing of MINT society organized a mesmerizing webinar on "Aesthetics of Poetry" with Dr. Shahida Dilawar Shah on December 24, 2020.

Dr. Shahida Dilawar Shah is a prolific writer, poet, and columnist who is working as a professor at FC College Lahore. She is an experienced researcher and also writes articles for Urdu newspapers. She earned five master's degrees in Urdu, Punjabi, education, Islamic studies, and political science. In the session, she discussed various elements of poetry and recited her exquisite poetry which satisfied the aesthetic sense of the audience.



A REPORTER IS AN IDEAL ANCHOR

An online session with a well-known and highly competent news reporter Mr. Tauseef Ahmad Awan was arranged by MINT Society on November 26, 2020. Mr. Tauseef is currently working as a news anchor in Public news which is one of the leading news channels of Pakistan. Having graduated in Mass Communication from University of the Punjab, Mr. Tauseef started his career in TV production at Capital TV. Later, he joined Value TV and City42 as a reporter. He inspired the students by sharing his professional experience. He advocated the need to develop positivity and was also of the view that there is no such thing as failure in this world, because failures provide opportunities to learn from our mistakes so that they can be avoided in future. Students were encouraged to always speak the truth and never follow the wrong path or shortcuts as only truth can ensure success.

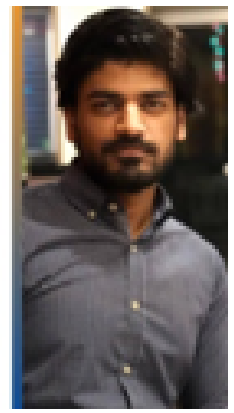
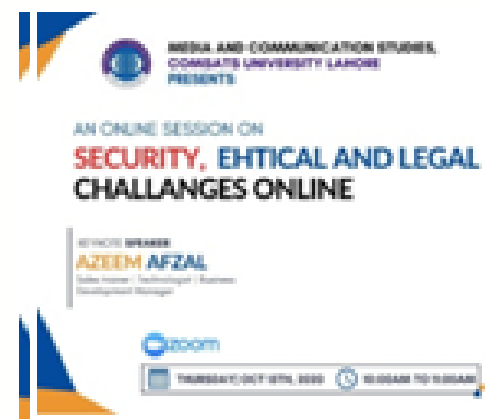


Security, Ethical and Legal Challenges

with Azeem Afzal

On October 15, 2020 an online session on security, ethical and legal challenges in digital journalism was organized by the students of Media Studies The keynote

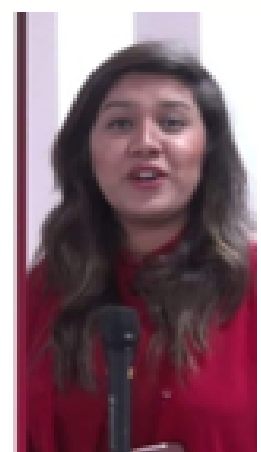
speaker Mr. Azeem Afzal, a renowned sales trainer, a technologist, and a business development manager, talked about the crucial issues faced online by the young generation. These issues include online bullying, harassment, hateful comments privacy breaching, etc. He shared his professional experience with the participants and advised them to stay aware of their rights and responsibilities while communicating through online platforms. He further elaborated on the security laws formulated in Pakistan as well as around the globe. He also shed light on the community guidelines which need to be implemented to attain a harmonized society. Overall, this session was extensively informational for the students.



Lahore's only Female and Youngest Crime Reporter

On November 11, 2020, the students of media Studies had an online session with the youngest female crime reporter, Dua Mirza. She worked as a crime reporter for City42, Public News, and GTV. She has currently associated with 92 News. While sharing her experience as a reporter, she talked about numerous challenges she faced while reporting. She also discussed how she always kept herself motivated. Her motivational talk had a great impact on the audience especially girls who felt inspired by the charismatic personality of the speaker.

*Online session with the youngest female crime reporter, **Dua Mirza***



Article published on Express News Official Website

Three articles authored by Dr. Farooq Abdullah (Lecturer in Islamic Studies) were published on the official website of Express News on 24th & 31st August and 7th September, 2020 respectively. Their titles and details are given below:

The article titled “تعلیم میں ناکامی اور اساتذہ کی کردار کشی” discussed the reasons of the media campaign against teachers after the suicide of the Ph.D. scholar from Karachi. This article received an overwhelming response from academic and public circles. Following is the official link to the article: <https://www.express.pk/story/2072919/464/>



The article titled “الیکٹرانک گیمز کے بچوں پر منفی اثرات” examines the growing negative effects and causes of playing video games on children along with suggestions to control their negative effects. The article can be accessed at the following link: <https://www.express.pk/story/2073276/464>



The article titled “خوشیکے مواقع پر ہوائی فائرنگ کا خطرناک رجحان” discusses the adverse consequences of celebratory gunfire and reviews legal aspects of the damage caused in the form of loss of life and property. The article can be accessed at the following link: <https://www.express.pk/story/2076932/464/>

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- M. Asif Ikram Anjum, Zahida Mansoor (2020) "Teaching English to Pakistani Mainstream School Dyslexic Students through Computer-Assisted Reading Materials" *Linguistics and Literature Review* pp: 9-22, Vol: 6, Issue: 1, Standard: 2221-6510
- M. Asif Ikram Anjum (2020). "Lion: An Adapted Biopic of A Long Way Home" *Pakistan Journal of Multidisciplinary Research*. Vol. 1: Issue 2.
- M. Mooneeb Ali, Ahsan Bashir, M. Asif Ikram Anjum, M. Asim Mahmood (2020) "Impact of Mobile Assisted Language Learning on the Young ESL Learners' Vocabulary in Pakistan" *Journal of Research and Reflections in Education*, pp: 156-162, Vol: 14, Issue: 1, Standard: 1996-1359
- Shameem Fatima (2020) "Conditional indirect relations between executive functions, emotion regulation, and Machiavellianism in young men and women" *Personality and Individual Differences*, 165, 110140. impact factor 1.92.
<https://doi.org/10.1016/j.paid.2020.110140>
- Shameem Fatima (2020) "Age, executive functioning, and decision making styles in adults: A moderated mediation model", *Aging Neuropsychology*, and cognition, vol 27, issue 3, pp. 338-350.
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- Shameem Fatima (2020) "Depression Differentially Predicts Quality of Life at levels of Self-Efficacy and Social Support in Cardiovascular Patients" *Journal of psychology and mental health care*. vol 4, issue 1. pg 1-6. Doi: 10.31579/2637-8892/063
- Shameem Fatima & Muneeba Shakeel (2020). "Humour Styles as Predictors of Psychological and Somatic Health in Undergraduates of COMSATS University Islamabad" *Journal of Pakistan Medical Association*, Volume 70, Issue No. 12-B
- Muhammad Ammad Ul Haque, Samar Kamal Fazli, Muhammad Aqib (2020) "Islamic Banking System in the Light of Sharia and the Contemporary Fatwa" *COMSATS Journal of Islamic Finance*. Vol.:5, Issue:1
<https://lahore.comsats.edu.pk/CIF/Journal/Vo5-1/DOI10.26652.cjif.5202013.pdf>
- Javaria Farooqui (2020) "The Kitchen and Beyond: The Romantic Chronotope in Pakistani Popular Fiction" *Journal of Popular Romance Studies* 9
- Musferah Mehfooz & Syed Naeem (2020) "History of Contagious Diseases Outbreaks during Early Muslim Empire: Understanding the Impact of Islamic Principles" *Al-Azhār*, HEC Recognized X category, Vol. 6 Issue 1, pp: 96-105

- MusferahMehfooz& Syed Naeem (2020). "Torah' and Quran's Philosophies of Rulings: Blessings of Surrendering to Allah and Punishment of Denial"PESHAWAR ISLAMICUS, HEC Recognized X category, Vol. 11 Issue 1, pp: 50-65

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- MusferahMehfooz& Syed Naeem (2020) " A Conceptual Study of Metaphorical Illustration Applied for Hellfire in Qur'anic Text"Journal of Islamic & Religious Studies, HEC Recognized X category, Vol. 5 Issue 1, pp: 45-64

- MusferahMehfooz& Ahmed Shuja Syed (2020) "The Development of Science and Technology in the Muslim World: Past and Present Issues with Possible Resolutions"Islamic Studies, International Islamic University, Islamabad, Pakistan,Xcategory HEC Recognized, Vol. 59 Issue 2,pp: 225-238,ISSN:0578-8072

- MusferahMehfooz (2020) "The Underlying Legal and Psychological Issues of Surrogacy: A Critical Analysis from the Sharī'ah Perspective"HAMDARD ISLAMICUS, ISSN (Print): 02507196 SCImago Journal Indexed & Scopus Indexed. Vol. 43 Issue 4,pp: 34-58

- MuneebaShakil (2020) "Hypnosis in Pakistan: A Mysterious Phenomenon for the unknown"Journal of Pakistan Medical Association, Volume 70, Issue 2. (Impact Factor 0.718)

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·Rabia Ashraf, Shazia Aziz & Umara Shaheen (2020) "Construction of Self and Post-Modern Consumerism in Richard Matheson's *Button Button*", *Research Journal of Language and Literature*, Volume 4, Issue (I).
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·Maryam Amjad (2020) "Emotional Behavioral Problems and Self-esteem in Children with Absent Fathers" *The Journal of Allama Iqbal Medical College* Vol. 17 issue 04 (pp. 24-33), (PM&DC recognized, ISSN # 2076-2860).

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·R. Farooqi, Farzana Ashraf, & I. Nazir (2020) "Interpersonal Communication, Teamwork Effectiveness, and Organizational Commitment in Pakistani Nurses" *Pakistan Journal of Psychological Research*. 35 (4). 657-692. (HEC Y Category Journal)

·Farzana Ashraf, & N. Najam (2020) "An epidemiological study of prevalence and comorbidity of non-clinical Dyslexia, Dysgraphia and Dyscalculia symptoms in Public and Private Schools of Pakistan" *Pakistan Journal of Medical Sciences*, 36(7). 1659-1663. <https://doi.org/10.12669/pjms.36.7.2486> (IF: 0.834, Q2)

·Muneeba Shakeel, Farzana Ashraf & A. Wajid (2020) "Sexual functioning as predictor of depressive symptoms and life satisfaction in females with Polycystic Ovary Syndrome (PCOS)" *Pakistan Journal of Medical Sciences*, 36 (7). 1500-1504.
<https://doi.org/10.12669/pjms.36.7.2562> (IF: 0.834, Q2)

·Farzana Ashraf, N. Najam, & A. Nusrat (2020) "Prevalence and Comorbidity of Psychiatric Symptomology in Pakistani Female Adolescents" *Archives of Clinical psychiatry*. 47(5):125-129. DOI: 10.1590/0101-60830000000247 (IF: 0.57, Q3).

·Farzana Ashraf, H. Ahmad & S. Aftab (2020)“Interactive Role of Personal and Work Related Factors in Psychological Burnout: A Study of Pakistani Doctors”*Journal of the Pakistan Medical Association*. 70(8), 1413-1417. doi.org/10.5455/JPMA.35303 (IF: 0.409, Q2).

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·Farzana Ashraf,J. Jibeen,&A. Masood (2020)“Perceived Stress in Relation to Obsessions and Compulsions in South Asian Adults: Moderating Role of Socio-demographic Characteristics”*Community and Mental Health Journal*. 56(1), 680–691. (Published online on December, 2019). <https://doi.org/10.1007/s10597-019-00529-y>. (IF: 1.46, Q2)

·A. Masood, M. Salman, F. Kamran, Farzana Ashraf, &A. Arshad (2020) “Contours of Positivity as Determinants of Maternal Psychological Well-Being in Pakistani Children with and without Hearing Impairment” *International Journal of Disability, Development and Education*. (Published online April 24, 2020). doi.org/10.1080/1034912X.2020.1755424. (IF: 0.91, Q3).

·A. Masood, M. Sulman, F. Kamran, & Farzana Ashraf (2020)“Belief System as Determinant of Treatment Outcome in Low Back Pain Patients”*The Journal of Islamic International Medical College (JIIMC)*. 15 (2), 122-126. (HEC Y Category)

GRADUATED STUDENTS

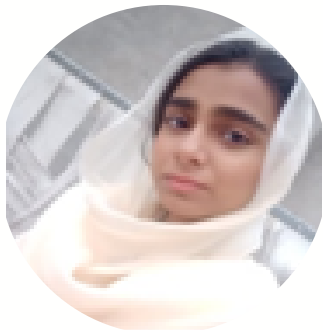


We are proud to share that our 9th Batch of BS Psychology Students have graduated in Fall 20.



Kainat Fatima

Goal orientation, test anxiety and aggression in medical and non medical students



Mehwish Abbas

Adult mental well-being during COVID-19: Resilience, Gratitude, and Cognitive Emotion Regulation as predictors



Mehak Munir

Women Gender Role Conflicts Scale: A Validation Approach



Naisha Mukhtar

Social issues of Pakistani students living in hostels: A qualitative study



Mahnoor Arshad

Cognitive emotion regulation Explains the Religious coping-Mental well-being link in young adults



Mesum Ali

Interpersonal influence in psychotherapy: An existential perspective



Sadia Munir

Objectified Body Consciousness, Self it is Behavior and Self-Esteem in Young Pakistani Female Students



Khola Bukhari

Effect of meaning in life on optimistic approach of young adult women



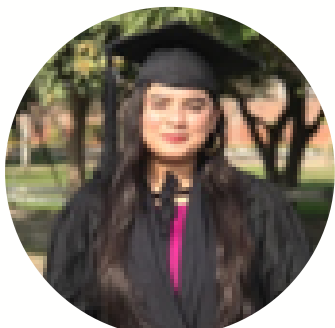
Rabbia Saeed

Curiosity and Workplace Spirituality in Bankers



Zainab Raza

Interpersonal influence in psychotherapy: An existential perspective



Neha Malik

Link between nomophobia, Socialization and locus of control : direct and moderating role



Ruhma Sayed

Psychological Impact of Sleep Quality in university students during COVID 19: the role of Emotion Regulation strategies as mediators



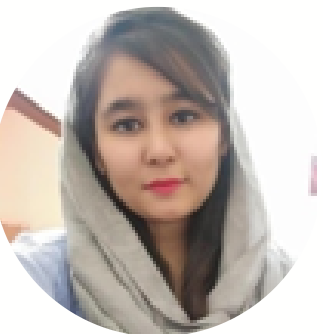
Faiza Akhtar

Attachment, intimate relationship and life satisfaction among university students.



Tayyaba Kanwal

Attitude towards sex education in students and teachers in university life



Aneeqa Munir

Reliability and validity assessment of female objectified body consciousness scale- Urdu (FOBCS-U)



Haleema Sadia

Character strength virtues, mental wellbeing and life satisfaction among two generations

DIFFERENT IS GOOD

Happy Reading
