

CENTER FOR WELL BEING AND POSITIVE PSYCHOLOGY



YUMNA QURESHI

Humor: A Key to Resilience and Joy

YUMNA.QURESHI@IAC.EDU.PK

In our journey through life, we often encounter moments that test our resilience and challenge our spirits. It's during these times that humor emerges not just as a fleeting distraction, but as a genuine lifeline.

Think about how many times a well-timed joke or a shared laugh with a friend helped lighten your load, even if just for a moment. Humor has this incredible ability to lift us up when we're feeling down, to turn our perspectives around, and to remind us that there's always a brighter side to every situation.

Beyond its immediate effects, humor plays a crucial role in building resilience. It helps us bounce back from setbacks, navigate through tough times with a little more grace, and even find unexpected opportunities for growth

amidst challenges. It's not about ignoring the seriousness of life, but about finding a balance, a way to cope that's both effective and uplifting.

Moreover, humor is a social glue. It strengthens our connections with others, nurturing bonds that withstand the test of time. Whether it's sharing a funny story, cracking a joke during a tense moment, or simply laughing at ourselves, humor brings people together and fosters a sense of belonging and understanding.

So, as we continue on our paths, let's remember to embrace the power of humor. Let's cultivate it as a skill, a mindset, and a source of resilience and joy. Because in the end, a good laugh isn't just about amusement—it's about finding strength, building connections, and embracing the lighter side of life.

This Award is for YOU! Faculty of the Month

SHAMSA.AHMAD@IAC.EDU.PK



Ms. Shamsa, in her role as a teaching assistant, has consistently gone above and beyond in supporting both faculty and students alike.

Her commitment to excellence is evident in her meticulous attention to detail, and her proactive approach to assisting students in the classroom. Ms. Shamsa's willingness to help, and her positive attitude have made her an indispensable part of our academic community.

Beyond her role as a teaching assistant, Ms. Shamsa has demonstrated a deep passion for fostering learning and growth among students. Her patience, empathy, and ability to connect with others have not only enhanced the classroom experience but have also inspired those around her.

We extend our heartfelt gratitude to Ms. Shamsa for her hard work, professionalism, and dedication to our institution's mission.

Thank you, Ms. Shamsa, for being an outstanding member of our team. Your contributions are truly appreciated and valued.



MUHAMMAD IRFAN KISANA

Altruistic Love and Subjective Well Being

PSYCHOLOGIST, ENTREPRENEUR, PHILANTHROPIST
 GENERAL SECRETARY: PAKISTAN PSYCHOLOGICAL ASSOCIATION
 MIRFANKISANA@GMAIL.COM

Social scientists have found several ways to achieve happiness, but for me, the best and easiest way to remain happy in life is Altruistic Love.

It is defined as selfless concern for the sufferings of others, acting out for the welfare of others, supporting or benefiting deprived humans with genuine kindness, and being present at the moment of need. This behavior basically stems from Altruism: a term which was developed by a French Sociologist, named Auguste Comte in the early 1850's. The terms, altruism, generosity, empathy and compassion sound similar, yet it is important to differentiate between these four.

Altruism love is an important moral value in every society and religion, although its objective and method vary. Humans are not born selfish, as conventional wisdom may suggest. In contrast, several theories propose that selfishness is inherited, present at birth, and usually develops in infancy.

Today, scientists are exploring if altruistic love is present in our DNA or a slight variation in a particular gene is associated with this behavior. This investigation has resulted in the development of two new areas of study; Altruistic Biology and Altruistic Psychology.

Furthermore, it has been proven that societal

norms, upbringing and personal beliefs also influence this act of kindness. However, humans also need to be reprogrammed to cooperate and help others as they grow up. Thus, this skill is worth developing at later stage of life as well.

It is noteworthy that altruistic love is a very powerful force in the world. This can be manifested in infinite ways, such as running your own NGO, arranging free medical camps, giving donations, sponsoring education, arranging doweries for poor girls, installation of mini water filter plants, providing food to hungry, sharing helpful experiences, offering support, or giving an honest advice to someone, etc.

Modern research indicates that engaging in acts of altruism correlates with increased positive emotions and higher life satisfaction, contributing to enhanced subjective well-being. In short, if I had a choice of only one guideline to live by, I will choose: Be regretful to die until you have won some victory for the wellbeing of humanity.



2nd Board of Studies, BS Psychology Program:

The Center for Well-Being and Positive Psychology recently hosted the 2nd Board of Studies for the BS Psychology Program at the Institute for Art and Culture. We were privileged to welcome esteemed guests Professor Muhammad Yaseen and Dr. Shahnila Tariq, whose invaluable insights were greatly appreciated by the entire team. We extend our sincere gratitude to both of them for their significant contributions.

Professor Dr. Shabbir Rana, Head of the Center for Well-Being and Positive Psychology, chaired the BOS and we would like to commend his leadership. We also acknowledge Ms. Mariam for her pivotal role as coordinator. Additionally, we are grateful to Ms. Anum and Ms. Mahwish for their dedicated participation as members. Their commitment has been instrumental as we strive to enhance our program.





SYEDA HINA FAROOQ

Elevate your Better Self; Nurturing with Self-Compassion and Care

HINASHAH270@GMAIL.COM

TEACHER OF PSYCHOLOGY AND SOCIOLOGY
SAMUEL WARD ACADEMY

In our quest for a fulfilling life, embracing self-compassion and practicing self-care are not just strategies but essential attitudes. Self-compassion means treating ourselves with the same kindness and understanding we readily offer to loved ones facing tough times. It's about embracing our imperfections with empathy and recognizing that setbacks are part of being human, without letting them define us.

Unlike self-esteem, which can fluctuate based on achievements or external validation; self-compassion is an unwavering anchor of self-acceptance and resilience.

Self-care practices fuel this mindset. Start each day with a dose of self-kindness. Speak to yourself as you would to your closest friend, especially when challenges arise. Cultivate mindfulness to stay grounded in the present moment, fostering clarity and inner peace amidst life's whirlwind.

Boundaries are your best ally; learn to say no to what drains you and yes to what nourishes your soul. And remember, seeking support is strength, not a weakness. Reach out to your community, friends, family, or a mentor, to share burdens and celebrate victories together.

By embracing these practices wholeheartedly, you empower yourself to navigate life's highs and lows with grace and authenticity. Let self-compassion and self-care be your guiding stars on the journey to a thriving, joyful life!

Empowerment and Awareness: Seminar on Sexual Harassment Prevention:



The Center for Well-Being and Positive Psychology recently conducted an awareness seminar on sexual harassment specifically tailored for female students and faculty members as per Higher Education Commission Policy.

The seminar focused on educating participants about the different forms of harassment and provided comprehensive guidelines on how to effectively report incidents. By raising awareness and equipping attendees with practical knowledge, the seminar aimed to empower individuals and foster a safer academic environment for all.

This seminar underscores the institute's commitment to promoting well-being and ensuring a supportive atmosphere where everyone feels respected and protected. Participants appreciated the opportunity to learn and engage in discussions that are crucial for maintaining a positive and inclusive campus environment.



ANUM AZHAR

The Importance of Grit in Leadership Growth

ANUM.AZHAR@IAC.EDU.PK

Objective

This article aims to explore the critical role of grit in the development of effective leadership. By examining the concept of grit and its applicability in leadership settings, this article seeks to underscore leaders' need to cultivate perseverance and passion in their professional pursuits.

Angela Duckworth, a leading psychologist, defines grit as the combination of passion and sustained perseverance. Unlike short-term enthusiasm or hard work, grit involves a long-term commitment marked by an enduring dedication toward a significant goal.

Components of Grit:

- **Passion:** Unlike fleeting interests, passion in the context of grit refers to a deep, enduring, and intrinsic enthusiasm for a particular long-term goal or activity. This passion sustains leaders through difficulties and setbacks.
- **Perseverance:** This aspect of grit encapsulates the steadfastness leaders must have to pursue their goals relentlessly, despite challenges, failures, and the temptation to give up.

Grit is pivotal for leadership for several reasons:

1. **Facing Challenges:** Leadership involves navigating through uncertainties, making tough decisions, and facing challenges head-on. Leaders with grit show resilience, enabling them to sustain their efforts and focus even when the outcomes are uncertain.
2. **Inspiring Teams:** Leaders with high levels of grit inspire their teams. Their commitment to goals and unwavering effort motivates others to pursue excellence. This can foster a culture of perseverance and resilience within the organization.
3. **Long-Term Success:** Grit enables leaders to persist through setbacks and continue striving towards strategic goals. This long-term perspective is crucial for achieving sustainable success and for driving continuous improvement in organizations.
4. **Adaptability and Learning:** Gritty leaders are more likely to embrace challenges as opportunities for learning and growth. This adaptability is crucial in today's rapidly changing business environments.

In conclusion, grit is a fundamental trait for effective leadership. It empowers leaders to overcome obstacles, inspire their teams, and achieve sustainable success. Therefore, organizations should therefore prioritize the development of grit in their leadership development programs. Encouraging traits such as resilience, perseverance, and a strong work ethic can significantly enhance the impact and effectiveness of leaders across various domains.

References

- Duckworth, A. (2016). *Grit: The Power of Passion and Perseverance*. Scribner.
- Collins, J. (2001). *Good to Great: Why Some Companies Make the Leap...And Others Don't*. Harper Business.
- Dweck, C. (2006). *Mindset: The New Psychology of Success*. Random House.
- Luthans, F., & Youssef, C. M. (2007). Emerging positive organizational behavior. *Journal of Management*, 33(3), 321-349.



SHAKIR AZAN

Student's Testimonial

SHAKIRAZAN545@GMAIL.COM

Discovering the Center for Well-Being and Positive Psychology has been truly transformative for me. Their innovative approach and nurturing environment have empowered me with practical strategies to boost my mental well-being and overall happiness. The soft skills classes have equipped me with tools like mindfulness practices and techniques, which I now use daily to manage stress and maintain focus.

What sets the Center apart is not just their expertise but their genuine care for each student. The counselors create a supportive space where I feel genuinely heard and encouraged. This center has helped me build confidence in facing life's challenges with resilience.

I recommend the Center for Well-Being and Positive Psychology to anyone seeking to cultivate a positive mindset and lead a fulfilling life. It's been an invaluable resource on my journey towards greater well-being and personal development.

Ethical Consideration: Shaping Your Character and Personality:



The recent session titled "Ethical Consideration: Shaping Your Character and Personality," hosted by the Center for Well-Being and Positive Psychology, was a significant opportunity for students to delve into foundational principles of ethics and character development. Led by Ms. Amna and Ms. Nawal, the session aimed to enlighten participants about the

essential norms that shape ethical behavior and personal integrity.

Through engaging discussions and practical insights, students gained valuable perspectives on integrating these principles into their daily lives. The session emphasized the importance of ethical awareness in nurturing a strong and principled personality. Participants learned how ethical considerations not only influence individual behavior but also contribute to building a cohesive and responsible community.

Ms. Amna and Ms. Nawal's guidance was instrumental in fostering a deeper understanding of ethical norms, encouraging students to reflect on their values and choices. The Center's initiative highlights its commitment to holistic education, empowering students to cultivate character traits that align with ethical standards. This session was a testament to the Center's dedication to fostering ethical leadership and personal growth among its student body.



SYED MEHDI HUSSIAN RAZA

Ears Wide Open: A Fun Approach to Active Listening

SYEDMEHDIHUSSIANRAZA12@GMAIL.COM

In today's soft skills class we focused on active learning, however there was a moment that turned into a memorable lesson about the importance of being present. As the teacher, Ms. Nawal, was explaining the principles of active listening, she noticed a few students whispering and giggling in the back row.

Ms. Nawal paused mid-sentence and said, "Alright, let's put our active listening skills to the test, shall we?" The room fell silent as she gestured towards the chatty group. "You three," she said with a playful grin, "I'll be telling a story, and I expect your full attention. No distractions allowed."

As Ms. Nawal began her tale, weaving a narrative about a clumsy cat's adventures, the mischievous trio struggled to contain their laughter. However, Ms. Nawal's captivating storytelling soon had them hooked, hanging on her every word.

Suddenly, she stopped abruptly and turned to the group. "Alright, what did I just say?" she asked, catching them off guard. With sheepish grins, they struggled to recall the details of the story. Ms. Nawal chuckled and gently reminded them that active listening means fully engaging with the speaker, not just hearing words but truly understanding and processing them.

From that moment on, everyone was more mindful of their listening habits, realizing that being present in the moment isn't just a soft skill; it's the key to meaningful communication and connection.



FIZA ARIF

Mental Health Awareness

FIZAARIF725@GMAIL.COM

Mental health awareness is a light of compassion and understanding in today's complicated world. Recognizing its importance is essential to combating the widespread stigma around mental health issues. Moreover, we can create a society where people are free from prejudice and fear to prioritize their mental health.

The transforming ability of mental health awareness to overcome the shame and secrecy around mental illness is what makes it so important. After being marginalized in public discourse for a long time, mental health is becoming a major issue that crosses all social, cultural, and economic divides. We support the intrinsic worth of each person and the richness of human experiences when we acknowledge the significance of mental health.

Exposing the hidden battles of mental illness encourages empathy, compassion, and a sense of

community while acting as a catalyst for societal change. Dismantling the walls of shame and isolation occurs when people feel empowered to communicate their experiences in an open and validated manner. Furthermore, by normalizing discussions about mental health, we create a supportive environment in which asking for assistance is viewed as a brave act of self-care rather than a sign of weakness.

Awareness of mental health issues has an influence that goes beyond personal experiences, changing how society as a whole views' welfare. Increased knowledge of mental health concerns on an individual basis promotes a feeling of agency and empowerment, allowing people to contact support services and seek assistance without worrying about prejudice or judgment.

Moreover, mental health awareness impacts workplace settings, academic institutions, and medical systems. Industries that adopt mental health programs observe improvements in staff morale, output, and retention rates.

Educational institutions, on the other hand, place a high value on the well-being of their students and foster learning environments.

Moreover, reducing the stigma associated with mental health also benefits healthcare systems, as it increases treatment accessibility and improves lifelong health outcomes for people.

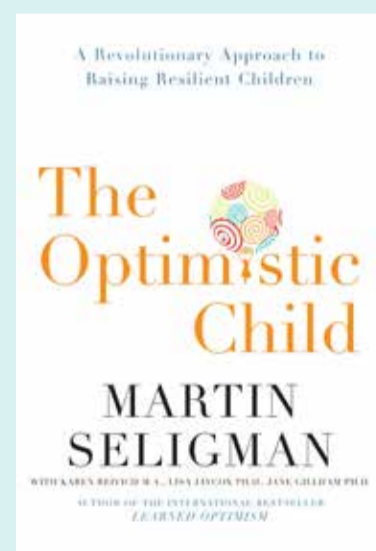
Encouraging workplace mental health programs can promote welcoming work cultures that put employees' well-being first and lessen the stigma attached to asking for assistance. Employers may create a culture of open communication about mental health concerns, offer counseling services, and establish mental health policies.

By putting these comprehensive ideas into practice, we can build a community that respects and prioritizes mental health, and gives people the confidence to ask for support and assistance without feeling ashamed or afraid.

BOOK RECOMMENDATION

The Optimistic Child

MARIAM.KHAWAR@IAC.EDU.PK



In "The Optimistic Child," renowned psychologist Martin Seligman explores the power of optimism in shaping children's lives and futures. Drawing on decades of research and clinical practice, Seligman reveals how optimistic thinking can significantly enhance children's resilience, motivation, and overall happiness.

Through practical strategies and engaging anecdotes, Seligman provides parents, educators, and caregivers with valuable tools to help children develop a positive outlook on life. He offers insights into how to cultivate optimism in children, teaching them to see setbacks as temporary and challenges as opportunities for growth.

This insightful book not only delves into the psychological benefits of optimism but also offers practical exercises and activities that can be implemented daily to nurture a child's optimism. By emphasizing the importance of optimistic thinking, Seligman empowers adults to foster resilience and emotional well-being in children, preparing them to navigate life's ups and downs with confidence and positivity.

"The Optimistic Child" is a must-read for anyone interested in understanding the profound impact of optimism on children's mental health and personal development. It serves as a valuable guide for creating a supportive environment where children can thrive emotionally and intellectually.



NAWAL BASHIR

The Impact of Technology on Attention Span and Cognitive Development

NAWAL.BASHIR@IAC.EDU.PK

The rapid advancement of technology has profoundly influenced various aspects of human life, including attention span and cognitive development. The constant barrage of information from smartphones, tablets, and computers can lead to fragmented attention and a reduced ability to focus for extended periods. Studies suggest that the frequent use of technology, particularly social media and multitasking with digital devices, can shorten attention spans, making it harder for individuals to engage in deep, sustained concentration.

Children and adolescents are especially vulnerable to these effects as their brains are in the developmental stage. Excessive screen time can interfere with the development of critical cognitive skills, such as problem-solving, memory retention, and the ability to process and analyze information. Furthermore, the instant gratification offered by digital devices can reduce patience and the ability to wait for delayed rewards, which in turn affects both academic performance and social interactions.

However, technology is not inherently detrimental. When used appropriately, it can support cognitive development through educational apps and games that enhance learning and critical thinking skills. The key lies in balancing screen time with other activities that promote cognitive growth, such as reading, physical play, and face-to-face interactions. By fostering a balanced approach, it is possible to harness the benefits of technology while mitigating its potential negative impacts on attention span and cognitive development.

Mindfulness Nature Walk Activity

Time: 30-45 minutes

Key Words:

Mindfulness, Nature, Stress Reduction, Relaxation, Present Moment, Sensory Awareness

Goal:

To relax, reduce stress, and improve mental clarity by combining mindfulness with the calming effects of nature.

Instructions:

- Find a quiet, natural setting such as a park, trail, or your backyard.
- Start with deep breaths, inhaling through your nose and exhaling through your mouth.
- Engage your senses: notice colors, sounds, textures, and smells around you.
- Walk slowly, paying attention to each step and your body's movements.
- When your mind wanders, gently refocus on your surroundings and breathing.
- After your walk, sit quietly and reflect on your experience, writing down any thoughts or feelings.

5 senses
Nature Walk

write or draw things from your walk

I see 	
I hear 	
I smell 	
I feel 	
I taste 	

Dear Counselor: How do I?

Dear Counselor, how do I practice self-care on a tight budget?

Dear Reader,

Start by focusing on the basics of well-being, such as sleep and exercise. Establish a regular sleep routine and create a comfortable, calming bedtime environment. For physical activity, explore free or low-cost options like walking, jogging, or following exercise videos on YouTube.

Mindfulness and relaxation techniques are often free and helpful. Consider practicing meditation using free apps or doing deep-breathing exercises. Eating well on a budget is possible with planning. Buy whole foods like fruits, vegetables, and grains which are often less expensive and nutritious. Cooking at home helps save money and control ingredients.

Engage in hobbies that bring you joy and relaxation, like reading, writing, drawing, or gardening. Libraries are excellent for borrowing books, movies, and games for free. Spending time in nature, whether walking in parks or enjoying your backyard, has a calming effect and can reduce stress.

Lastly, journaling helps with self-reflection and stress relief. Write about your thoughts and keep a gratitude journal. Set boundaries to protect your mental health and prioritize activities that replenish your energy. In a nutshell, self-care is about small, consistent efforts to nurture well-being. By incorporating these strategies, you can take care for yourself without breaking the bank.

Warm Regards,
Ayesha Haider
Head Counselor

EDITORIAL BOARD

Editor:

Yumna Qureshi
Lecturer

Assistant Editor:

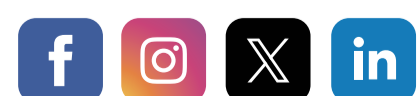
Ayesha Haider
Lecturer

Design Department:

School of Art

CONTACT

(042) 32590040 | <https://iac.edu.pk>
7.5 Km from Thokar Niaz Baig,
Main Raiwind Road, Lahore.



@iacofficials