

*DPP, BU H-11, Islamabad*

PSYCHOLOGY SOCIETY NEWSLETTER

Making Dreams Possible

The Society's mission is to increase awareness of psychology and mental health, encourage open conversations about psychological well-being, and bridge the gap between academic knowledge and practical application.

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Welcome to the Department of Professional Psychology

Bahria University, H-II Campus,
Islamabad

Vision of the Department

"To become an internationally recognized institute by achieving excellence in Professional Psychology that contributes towards the development of society."

Letter from the Campus Director

Message from Campus Director

Welcome to the first edition of our campus newsletter !

This milestone perfectly reflects the incredible energy and dedication of the Bahria Psychology Society. As students of the human mind, you have a unique calling. You aren't just studying textbooks; you are learning to build empathy, support communities and spark real change.

Think of this newsletter as your creative space to share ideas and lift each other up. Stay curious, keep finding ways to make a difference and remember how much your work matters. I am incredibly proud of you all.

Keep shining,

Commodore Noman Usmani SI(M) Rtd.



The Department of Professional Psychology at Bahria University's H-II Campus is committed to **excellence**. By offering programs like BS in Psychology and Clinical Psychology, Advanced Diploma in Infant, Child, and Adolescents Mental Health, and MS in Clinical Psychology, the department is equipping students with **state-of-the-art knowledge** and **skills** to make a **real difference**.

Letter from the Head of Department

I would like to highlight two perspectives of **Johann Wolfgang von Goethe**.

One is "**Belehren tut viel, aber Aufmunterung tut alles**" and the second is "**Teilen und herrsche, ein trefflich wort! Vereinigen und leiten, ein besseres**".

The core philosophy behind the first one is that true guidance is not limited to giving orders only, it relies in actual practice on motivating others to reach and utilize their actual potentials. However, the second perspective is based on the philosophy that divide and rule sounds good but unite and lead is a better option. Shifting the focus from mere instruction to genuine motivation ("Encouragement does everything") and trading division for cohesive guidance ("Unite and lead") are the hallmarks of a thriving academic and professional community.

Since my joining as HOD-PP-HII, I have been observing the **growing competence** translated into **various unique and unparalleled ideas**. The launching of the first edition of the Bahria Psychology Society Newsletter (H-II Campus) stands as a **stellar testament** to what a **motivated, united, and empowered team** can achieve. **Congratulations** to the entire Bahria Psychology Society team for turning these philosophies into a tangible, unparalleled success!



Herzlichen Glückwunsch

Dr. Phil. Hina Ghafoor (HG)

Head Department of Professional
Psychology
HII Campus, Bahria University,
Islamabad

About Psychology Society

Department of Professional Psychology, Bahria University H-11 Campus, Islamabad



How It Started

Founded in **November 2024**, the Psychology Society of Bahria University H-11 Campus was established as a **student-led departmental society** with the aim of creating a dynamic platform where students can **explore, promote, and apply** the principles of psychology beyond the classroom. Since its inception, and under the guidance of **Dr. Hina Ghafoor** (HOD of the Psychology Department), the Society has grown into a vibrant community of **70+ active members** who are committed to fostering academic excellence, professional growth, leadership, and community engagement while advocating for the importance of psychological well-being.



Our Mission

We aim to:

- Increase **awareness** of psychology and mental health by encouraging **open conversations** about psychological well-being,
- Provide students and faculty with the **platform** to be **empowered** and **competent** psychologists by providing opportunities for **learning, collaboration, and service**.

Our Accomplishments

Successful events conducted by the Psychology Society include:

- **Emotions in Art competition,**
- **Mental Health Week '25,**
- **Iftar & Dinner Buffet, and**
- **Farewell 2026,**

...as well as numerous workshops, seminars, and interactive sessions focused on enhancing academic knowledge and professional skills.

Our Future

Looking ahead, we seek to:

- Expand **outreach** programs,
- Establish **collaborations** with numerous mental health organizations and educational institutes,
- Organize **community-based initiatives,**
- Create more **opportunities** to help individuals develop academic, professional, and personal skills.

Why YOU Should Join

The Psychology Society is always on the lookout for eager and motivated individuals who care about making a difference.

If you're looking for:

- a platform to **showcase** your skills,
- **opportunities** to groom yourself academically and professionally,
- **certificates/experience** to add to your resume,

then the Psychology Society is perfect for you!

Behind the Psychology Society

Every initiative, event, and idea at the Psychology Society is made possible by a **dedicated** group of people working behind the scenes. From **planning sessions** and **workshops** to **guiding students** through their academic journeys, their contributions often go unseen but are felt in everything we do. In this issue, we invite you to **read letters** directly from the faculty and leadership who guide our community. Their words reflect the **vision, effort, and care** that shape the society, along with their **hopes** for where we are headed next. We hope their messages **inspire** you as much as they inspire us, and that they remind you that this is a community *built together*, by students, faculty, and **everyone** in between.

Letters from the Psychology Society Faculty



Javeria Asim

Lecturer (Cluster Head)
BU Psychology Society
Mentor

Dear students of Psychology,

You have chosen a very **noble profession** which requires a lot of **commitment, perseverance, hardwork and empathy**. As psychology students the skills that you have to inculcate in yourselves are numerous but one of the most integral skills are **patience, kindness, empathy, and tolerance**. This profession not only helps you understand others, but also aids in the **understanding of yourself** as well. Whether you choose clinical, organizational, forensic, counselling, or child psychology I would want my students to **implement their learning and training within their personal lives** as well. And remember before healing others, it's very important that we **look within ourselves and heal ourselves first**, because **change begins from within**. And dear students always remember **one step at a time, it's not a race, it's a marathon**.

Best of luck and I wish you all great happiness and success in future.



Muhammad Talha

Lecturer

BU Psychology Society Mentor- Spring 2026

BU Psychology Society is a **valuable opportunity** for both students and faculty to **enrich their professional and life experience**. It is an avenue beyond academics which demands life and communications skills. The society serves as a **social networking space** too which is a vital element of life. I would **encourage students and faculty** to join BU Psychology Society.



Firdos Naseem

Lecturer

Faculty Coordinator (Digital Outreach)

I have experienced little joys with this society — an idea shared, a little teamwork, a problem solved collectively. It has taught me that **community is not achieved by big actions, but by little actions over time**. Coordinating with you has shown me your **energy and creativity** — keep it alive, and keep doing **work that matters**.

Letter from the Editorial Desk



Noor Aftab

Chief Editor
Academic Head, BU Psychology Society

About Me

Hi! My name's Noor, and I'm currently doing my Master's in Clinical Psychology- 3rd semester. I love being whimsical, spreading knowledge through psychology content, aiding individuals in becoming empowered and confident, and creating communities based on shared values and motivations.

"Who am I?" is a question that keeps most of us up at night—especially you, aspiring university student. "What are my dreams, my goals, my aspirations? Where do I see myself in 5 years, 10 years, 20 years down the line? What kind of life do I want to be leading in the future?"

I was here once, and like you, I struggled with self-identity and thus, creating goals for myself that felt true to me. But I've learned that I've been asking myself the **wrong question** this whole time. So, I **changed the narrative**:

"What values do I want to live by?"

As a young adult navigating a fast-paced life, it's easy to get lost in coming up with goals, drives, and motivations, as is often expected of us. But I think the most important and hardest thing you can do for yourself is *understand what your values are*. And once you come up with a list of core values, make sure to keep them congruent with your behavior. **Authenticity is liberating**. Living life according to your set of core values allows you to set goals that are truly embedded into who you are, rather than just an expectation of who you should be.

And Psychology Society allows me to use my values to the fullest: authenticity, kindness, creativity, and a chance to create a real impact in my community. So I urge you to take a deep breath, take a look inward, decide your core values, and move forward with them in mind—**one day at a time, one step at a time.** 🌻

About the Psychology Society Newsletter

DPP BU H-II's Psychology Society's Newsletter is a **student-led initiative** that aims to highlight and **celebrate the achievements** of psychology students and faculty within the department, while focusing on **documenting and archiving** the Psychology Department's **events, activities, and academic contributions** through a digital publication.

Furthermore, it aims to **bridge the gap** between psychology and other fields, promote a **culture around mental health and awareness**, and strengthen the **sense of community** within the Psychology Department while professionally **representing the Psychology Society** within the wider university and academic community.

Join
US

Want to Get Involved?

The Editorial/Academic Team is looking for innovators, writers, designers, and people committed to making a difference! Join the Team today to be a part of our initiative!

Our Goals



Student-Led.



Document Progress & Milestones.



Celebrate Achievements.



Build A Stronger Sense of Community.



Represent the Psychology Society.



Letters from Psychology Society Hierarchy



Fajar Saeed Akbar

President

It's been an honor to grow with the Psychology Society — from Logistics Head, to Vice President, and now President. This role has taught me leadership, empathy, and the power of showing up for each other. I'm so proud of what we've built together. For next semester, my hope is to conduct more major events that are both educational and engaging, bring in more expert workshops and collaborations, and launch campaigns that make mental well-being a priority on campus. Thank you to Dr. Hina Ghafoor, the passionate psychology society team and to all of you for your trust. Let's keep creating a space where everyone feels heard, valued, and supported.

To every reader: **your voice matters, your growth matters, and you belong here.** Keep showing up for yourself and for each other. Together, we make a difference.

I am pleased to share my feedback regarding my experience as the Vice President of the Psychology Society. Being part of the society has provided me with a valuable opportunity to contribute to the university community, collaborate with fellow members, and develop my leadership, communication, and organizational skills.

I believe the society has great potential to create meaningful opportunities for students through engaging psychological awareness activities, workshops, seminars, discussions, and interactive events. Overall, my experience as Vice President has been both rewarding and educational. I am grateful for the opportunity to serve the society and contribute to its growth. I look forward to working with the team to make the Psychology Society more active, inclusive, and beneficial for students.



Arbab Shah

Vice President



Khadija Naeem

Logistics Head

Psychology Society ne mujhe teamwork ke saath chaos ko smile ke saath handle karna bhi sikhaya—honestly, tough tha, but still learning! 😊😂 As Logistics Head, scattered ideas ko roadmap par lana, backup ka bhi backup rakhna, aur meetings mein random one-liners aur HOD ke saath thori masti has been my favourite part. 🤔👍 Different people, mindsets aur ideas ke saath kaam karna has been a beautiful learning experience. These summers taught me that things can get messed up, but honesty aur class ke saath handle ki ja sakti hain. Here's my last year—fully new memories, full energy, fun, and healthy chaos! ✨

To my juniors: university life is short....enjoy every second, laugh loudly, make memories, and have fun with your friends, professors, seniors, and batchmates. ❤️

Being part of the Psychology Society has been one of the most valuable experiences of my university journey. As Decor Head, I learned that creativity is not just about decorations; it is about creating an environment where people feel welcomed and connected. This role strengthened my communication, teamwork, leadership, and planning skills while helping me grow both personally and professionally.

My message to every student is to **embrace opportunities beyond the classroom**, because the greatest lessons often come through experiences. I hope our society continues to inspire, connect, and empower every student who becomes a part of it.



Taiba Ehsan

Decor Head



Letters from Psychology Society Hierarchy



Aribah Iqbal

Media Head + Social Media Manager

Hi, it's your Media Head here usually found somewhere behind the camera, making sure the moments don't go unnoticed. While everyone is busy making memories, there is usually someone capturing the laughter, the chaos the candid moments and all the little things that make an event feel alive. Being Media Head has been a mix of creativity, editing, designing and running around with a camera but somehow that's what makes it so special. I think the best part is knowing that **someday these pictures and videos will bring everyone back to how these moments felt.** ❤️

Assalam O Alaikum everyone, Marketing Head Naina Zaman Gul here. It's lovely to be able to convey my message to you guys! I extend a warm welcome to all the freshers here; it is amazing to have you with us, and to the old folks here, you guys probably don't know me either, so we're even ;). I hope Fall'26 does wonders in your life and all of you really have the greatest of times here. Looking forward to socializing with each one of you reading! **Never lose hope and keep on chasing that light in the distance**, if you truly belong there, that's all that matters <3. Good wishes for y'all.



Naina Zaman Gul

Marketing Head

Carpe Diem.
günün tadını çıkar
أطيب التمنيات



Dionyria Katlin

Fardy

Event Management
Head

Life is like a river~ you learn to go with the flow after fighting it for long enough~ Theres alot of life lessons one can learn about but the biggest one in my eyes is to **enjoy life to the fullest** and not care about who will judge you and how they will judge you. We all have a journey and a dream. Maybe I sound cliché or too idealistic saying all that I say but I have truly enjoyed what little life I've lived cuz I smiled through it. I've seen good days and bad days, they all become important to me when I look back on them cuz they have all taught me something. I'm just happy to be here and happy to meet other humans. Life is fun when you fill it with joy. Joy that is all up to your perception. :D

Dont underestimate my power of yap~ if you find me, we can yap away into the sunset owo.

**WE ARE
LOOKING
for you!**

**Psychology Society is
looking for YOU!**

Interested in joining the Psychology Society? Reach out to the heads of the team you wish to work in and **apply ASAP!** Get a chance to work behind the scenes, get exclusive access to events, build meaningful soft-skills, and become part of the Psychology Society community!



Event Feature

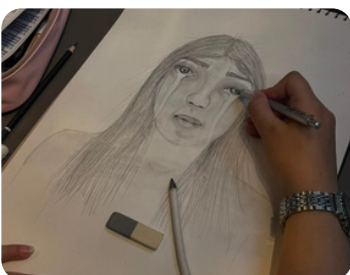
Emotions in Art



Have you ever looked at someone and wondered: "What is going on inside their head?"

The Psychology Society's **inter-institute "Emotion in Art" competition**, held on the **May 27th 2025**, allowed over 30 individuals from different institutes to answer that question for themselves through traditional art. For a duration of one hour from 11:30 am to 12:30 pm, participants **drew, sketched, and painted live one emotion** from the list provided: joy, fear, sadness/grief, anger, distrust, and embarrassment. A **closing ceremony** was held following the event and winners were awarded with **cash prizes upward of 5000PKR** as well as **shields** and **signed Bahria University certificates**, while every participant received a certificate of participation. Feedback was taken from the participants, and one participant shared that, "the event provided her an opportunity to feel her emotion and depict it on paper, rather than just talking about it, which was a new and insightful experience."

The energy carried outside the competition space too, where **local vendors** were invited to set up **stalls** across campus. Dedicated spaces allowed each business to showcase its products and services which drew excitement from students and faculty alike. The campus basement, in particular, turned into a hub of chatter, laughter, and pride, with **food stalls** serving pasta, biryani, and snacks proved especially popular, alongside **local jewelry, clothing, and crochet decor stalls** that livened up the space further.



This event was impactful as it made a strong point: that **art can be used as a practical tool for emotional explanation and psychological understanding**, and not just for competition purposes. While psychology centers on conversation, artistic expression can be a legitimate tool for supporting mental and emotional health, making psychology more **relatable** and **accessible**. Invitations to individuals from several institutes and reaching out to local vendors also allowed exposure to Bahria University's H-11 campus, contributing to the vibrancy and **enhancing overall campus life**.



Event Feature

Mental Health Week '25

4 days, 3 locations, many stalls, and hundreds of conversations later, what became clear was that mental health awareness and destigmatization isn't a week-long event; rather, it is a daily practice.

Mental health struggles don't discriminate, and neither does the Psychology Society's **commitment** to **raising awareness** for it. For every mental health day on the **10th of October**, the Society mounts one of its most ambitious efforts of the calendar around **Mental Health Week**, and this year was no exception. Spanning multiple campuses and drawing in students, faculty, and the general public alike, the week stood as a reminder of why the Society's outreach work continues to be recognized as some of the most impactful events on campus.



The first day of Mental Health Awareness Week began with a **camp at Khalida Iqbal Free Education School, D-12 campus, Islamabad, on October 7th, 2025**. Students of the Master's in Clinical Psychology program conducted **psychological testing** using **standardized assessment tools**, alongside **free counselling sessions** for both students and faculty of the institute. Desks were systematically arranged within classrooms to ensure privacy and that every individual's voice was heard and acknowledged.



Continuing this outreach on **October 8th**, a second **camp** was set up on **G-6 Road, Islamabad**, where members of the public were offered **hour-long counselling sessions** with ongoing Master's in Clinical Psychology students. The camp gave students a rare opportunity to apply their theoretical training in an informal, real-world setting, while offering the **general public** direct access to psychologists-in-training for **therapeutic support**.



The third day brought the camps to **Bahria University's BSEAS, H-11 campus**, on **October 9th**, where Master's in Clinical Psychology students used formal testing materials to **screen for stress, depression, and anxiety**, while dedicated **counselling booths** offered **free sessions** to anyone who approached.



Alongside the clinical camps, a range of **other stalls and booths** were set up across campus with a **Pakistani cultural theme** at its core. Game stalls were among the day's most distinct features, with **UNO, Jenga, Ludo, Monopoly, Snakes and Ladders**, and more offering students a lighthearted chance to reconnect with their "**inner child**." The cricket ground was transformed into a **vendor hub**, hosting food, clothing, books, jewelry, cosmetics, and crochet/décor stalls. A **support station** was also set up, where individuals left **encouraging messages** on sticky notes to spread positivity and joy across campus.



The pathway toward **Jinnah Block** was lined with **art, standees, and exhibition pieces** created by Master's in Clinical Psychology students, depicting a range of **psychological disorders and concepts**, including neurological disorders, personality disorders, obsessive-compulsive and anxiety disorders, and the prevalence of mental illness in Pakistan. **Games and eye-catching visuals** helped draw attention from passersbys, ensuring the information reached as wide an audience as possible. The creators stood by their displays throughout, ready to explain their work, answer questions, and gather feedback from students and faculty.



The Mental Health Awareness Week officially **closed** with a **ceremony** at Bahria University's H-11 campus, **Al-Beruni Auditorium**. A **play** created by Bachelor's in Psychology students was **screened** for the audience, tackling difficult and often-avoided themes of **childhood abuse, trauma, and substance use**. Given how rarely these issues are discussed openly in Pakistan despite their prevalence, the play served as a powerful reminder of the importance of **breaking that silence**. The ceremony closed with recognition **certificates** awarded to the Psychology Society's hierarchy, students, as well as the **auxiliary campus staff** whose support made the week possible.

This event was important as it offered more than just awareness. From **formal clinical screenings** in educational institutes to **informal conversations** with passersbys on G-6 Road, the Society met people where they were, both literally and emotionally. The **exhibitions and closing play** pushed the conversation further still, confronting subjects that are too often left unspoken in Pakistani society. While the Mental Health Awareness week achieved its original goal, it also modeled what real destigmatization in Pakistan looks like: **daily presence, meeting people** where they are, and approaching both hard and lighter truths in **community-building moments**.



Event Feature

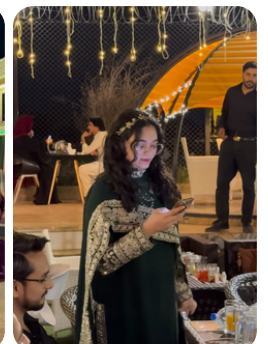
Iftar and Dinner Buffet

While the Psychology Society dedicates much of its calendar to academic and clinical outreach, it also understands that community isn't built through lectures and conferences alone and that sometimes, it's built over something as simple as a shared meal. In that spirit, the Society hosted an **Iftar and Dinner Buffet on March 4th, 2026, at Kapacious, F-9 Park, Islamabad**, giving students and faculty a rare chance to unwind together outside the walls of the classroom.

Students from all semesters of Bahria University H-11 campus's Professional Psychology Department were invited, alongside the department's faculty members, to enjoy over **50 menu items at highly discounted rates**. With more than 30 attendees and rooh afza flowing freely, the evening quickly filled with laughter and easygoing conversation between students and faculty alike. Each attendee also received a **custom-made welcome card and a rose** as a keepsake of the evening, marked as a small touch that made everyone feel genuinely valued. Hierarchy members took a moment to deliver **short speeches** reflecting on the **significance of Ramzan** and its lessons in patience and endurance, closing with heartfelt notes of gratitude. The night then wrapped up with a **giveaway**, as lucky winners walked away with **goody bags** filled with **scent diffusers and sweet treats**.



Events like these give students and faculty a chance to **bond over** something beyond academics and seminars. Sometimes, a shared meal is all it takes to pull people away from deadlines and coursework for a while and to let them sit side by side simply as people, **sharing food, stories, and a few hours of well-earned rest**. In a university environment defined by long hours and high expectations, this evening was a reminder that community is just as much a part of the Psychology Department's identity as its academics and that, too, is part of what makes it a department worth being part of.



Sometimes, a shared meal is all it takes to pull people away from deadlines and coursework for a while and to let them sit side by side simply as people.



Event Feature

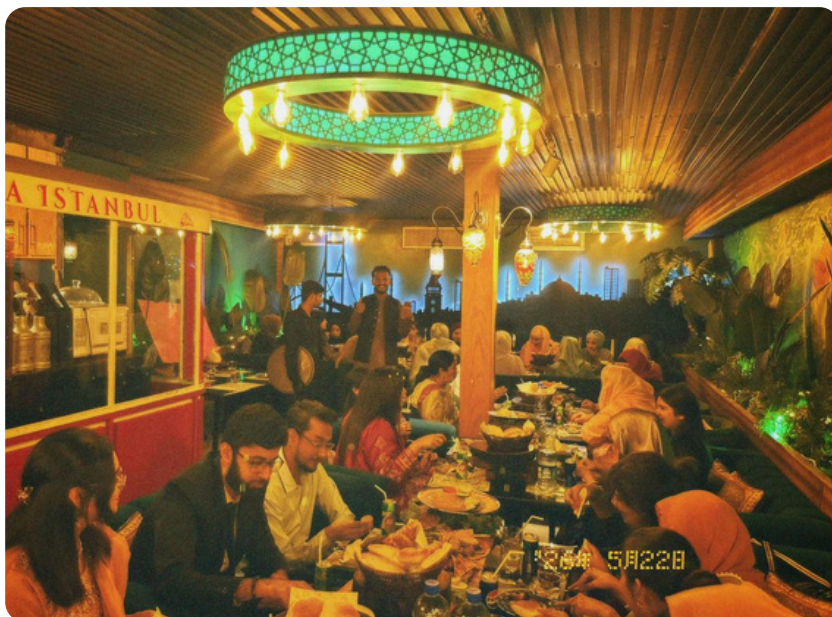
Farewell '26

Two years end quietly, in a room full of the people who made them worth remembering.

To commemorate the graduation of its Master's in Clinical Psychology students, the Psychology Society held a farewell dinner on **May 22nd, 2026, at Basha Istanbul, F-7 Markaz, Islamabad.** Students and faculty from Bahria University H-11 campus's Department of Professional Psychology gathered for an evening of goodbyes and warm wishes for the graduates' futures. Special guests included H-11 campus director **Mr. Noman Usmani**, accompanied by his wife, and **Dr. Shazia Yusuf**, Principal of the Department of Professional Psychology. The event ran from 4 pm to 7 pm, with over 25 people in attendance.

Each graduate received a **rose gajra** and a handmade **graduation-cap keychain** as a token of appreciation, while a **saree dress code** let the evening feel as celebratory as it did sentimental, turning what could have been simply a sad goodbye into a bittersweet, beautiful memory. Closely arranged sofa seating encouraged easy, casual conversation throughout the night, giving graduates and faculty the space to trade stories over food as the evening unfolded. **Opening speeches** reflected on **how proud the Society was** of its graduates, what the two years and this final evening meant to everyone present, and a preview of the celebrations still to come.

Those celebrations included a **"Signing Off" reel**, where each graduate marked the close of their two years in their own signature; a **"Memory Board,"** where graduates pinned photos of their earlier selves alongside notes of encouragement; and a **"Lady of the Evening"** lucky draw, where one graduate won a tiara and a set of special gifts. **Personalized titles** were also handed out to each graduate, prompting warm laughter and reminiscing over two years of shared memories. The night closed with **authentic Turkish barbeque platters** and a **cake-cutting ceremony**, which fitly marked the end of one journey and the beginning of another.



For a class that spent two years learning how to hold space for other people's stories, this was a night that finally held space for their own.

Interview Feature

Interview with **Pediacare Therapy Clinic**

Cdr Noman Usmani SI (M) (Retd), Director Campus, Bahria University (H-II), and **Ms. Hafsa Khan**, CEO, PediaCare Therapy Clinic, signed the extended 5- year agreement in the presence of **Dr. Hina Ghafoor**, Head of Department of Professional Psychology.

Bahria Psychology Society (DPP H-II) conducted interviews at **Pediacare Therapy Clinic** to congratulate them on the **5-year MOU** signed between Bahria University and PediaCare Therapy Clinic, as well as to receive advice for **internship directions, opportunities**, and career advice.

Read their interviews below!

**Shumaila**

Speech and Language Pathologist;
Co-founder & Clinical Director PediaCare
HOD- Speech and Language Department

- **How do interns take part in speech therapy, and what do they usually observe?**

Psychology interns' main focus is to observe **emotions, behaviors, & attention** as these factors lead to communication. Psychology interns observe speech therapy sessions to understand how the child is **expressing** needs, emotions, and his **social skills** and see how these **impact** the child's **behavior**.

- **What advice would you give psychology students who want to understand how speech and language connect to behavior?**

Psychology students need to understand that a child being **disruptive** isn't always indicative of **non-compliance** or **behavioral concerns**. It could also be due to a lack of communication skills to get his needs fulfilled, to express how he feels, or a lack of social skills that is hindering how he connects with others—which may be leading to behavioral issues.

- **What qualities make an intern stand out, and what advice would you give to students beginning their supervised hours?**

Psychology interns stand out with their **knowledge** and grasp of **theoretical concepts** regarding applied behavioral therapy's dimensions, goals, and techniques. My advice to students would be to be **empathetic** and **patient** with the client who comes with **unique abilities**, as well as their guardians who are suffering due to stress, social stigmas, and societal pressure.

- **What advice would you give to a student hoping to excel in this field one day?**

Firstly, achieve the International Behavioral Therapist **basic certification** from the IBA Board. Secondly, your work should always be focused on creating a **positive, significant impact** in your client's life, which you can showcase and justify if your practice is **authentic** and **data-driven**.

My advice to therapists and students is to be **wary of burnout** and exhaustion that comes from high caseloads and monotonous, repetitive tasks. Therapists don't often get the time to take breaks in between sessions. So if you notice any signs of burnout, such as being irritable with others or failing to meet deadlines, then do **prioritize rest** or **seek professional help**.

**Abdullah Hassaan**

Certified International behavioral therapist
HOD - Behavior Therapy Department

What Else You Can Expect From Us



Seminars & Conferences

A pre-conference seminar under the banner of PSY X International Conference, was held on the theme: **"Human and Environment: The Complex Trajectory"** on May 19, 2026. Sessions included **"Environmental Change: The Health Nexus"** which focused on environmental degradation, human physiology, and psychological well-being by **Dr. Fiza Sarwar**; **"Climate Change and Its Mental Health Impacts: Barriers to Action,"** focusing on psychological and societal barriers to climate action by **Ms. Javeria Asim**; and chaired by **Dr. Ozma Ilyas** who reflected on pro-environmental behavior (PEB), active hope, and climate doomism.

Field Visits

Industrial visit for BS Psychology 5th Semester students to **BASES (Behavior and Special Education Services) Inc.** on **6th May 2026**, accompanied by Ms. Javeria Asim and Ms. Mehwish Ishfaq. An interactive session highlighting the **fundamentals of Applied Behavior Analysis (ABA)** was also conducted by Ms. Rabia Shakoor.



Research Presentations

A paper titled **"Emotional Regulation, Marital Status and Body Dysmorphic Disorder Symptoms among Men Seeking and Not Seeking Hair Transplant"** was presented by **Ms. Aqsa Israr** (Lecturer, Department of Professional Psychology.) at the 16th International Conference of the Pakistan Psychological Association.



Guest Lectures

An insightful guest lecture on "Case Approaches to Counseling and Psychotherapy" was conducted by **Ms. Bibi Hajra** (Lecturer and Clinical Psychologist, University of Wah), providing students with valuable practical insights into **case-based therapeutic approaches** and **clinical practice**.

Faculty Feature



Javeria Asim

Lecturer (Cluster Head)
Bahria Psychology Society Mentor

About Me

Hey everyone it's Javeria Asim, Lecturer from Department of Professional Psychology. The eldest daughter which basically sums up my personality. I am enthusiastic about research specifically **climate change psychology**, along with **women mental health**. I love being connected with students and making sure that I do my best to facilitate them.

What's one piece of advice you'd give students who are about to graduate?

One piece of advice that I would like to give to students is to enjoy their time to the fullest, make lots of memories, and resolve any pending conflicts. But also while focusing on their goal of what to do next and figure out the pathways which they wish to take. But most importantly always remember it will always work out in the end sooner or later.

1. As Cluster Head, what does your day-to-day role involve for individuals who may not be familiar with the position?

My day to day role is focused on facilitation of faculty members, students, overlooking classes schedule and their smooth operation along with any other necessary administrative task.

2. As overseer of the Psychology Society, what do you hope students take away from being part of it?

I hope that by being part of this society students learn teamwork, conflict resolution, time management, patience, perseverance, dealing with adversities, thinking outside the box, and more importantly some great memories to look back to after their graduation.

3. What drew you to environmental psychology, and how do you see it becoming more relevant to students today?

Being born and raised in Islamabad I slowly saw its greenery and its weather changing. My personal experiences and observations with climate change related adversities really shifted my perspective and made me ponder what are the psychological repercussions for it and how it will impact us in the future. The question that is still in my mind is what are the factors that are stopping us from taking action or engaging in pro-environmental behaviors.

4. Looking back at your own time as a psychology student, what's one thing you wish you'd known earlier?

One thing that I wish I knew earlier is how precious the time that I'm spending as a student is, and how important it is to network and expand your horizon.



Student Spotlight



Muhammad Arqam

About Me

I am a Psychology student, event strategist, and **founder and former president of psychology Society**. I am driven by a passion for Mental Health Awareness and Student Empowerment. I established this society to create an active supportive platform for leadership and psychological education. Beyond my academic background, my work bridges organizational leadership, large scale event management, & social media strategy initiatives aimed at making mental health resources accessible and engaging.

What would you tell a student today who wants to start something new but doesn't know where to begin?

Find out what is missing in your environment. Surround yourself with people who **share your vision** and **complement your skill set**. Focus on **problem solving strategies** and always be **prepared for anything**. You don't need a massive team or achieve perfection on day one, you just need **clarity on your goals**. **Never Give Up**, no matter what happens!

1. **What inspired you to found the Bahria Psychology Society, and what did that very first step look like?**

The thing that inspired me was: every department had its own society for students which was helping them engage more into their subjects. Meanwhile, our students from psychology department were joining different societies. So I thought that I should start our own departmental society in which students can work and engage in psychological activities from which they can learn more.

The first difficult step was creating proposals that outlined the society's mission and structure. But I always received a lot of help from my department with which, I formed Bahria Psychology Society.

2. **What's a moment or milestone from your time with the society that you're most proud of?**

I have always been proud of all the moments and milestones of my society. They have always worked with me and had my back which is a very important thing when you are running a society. The best event was **Mental Health Week** which aided in bringing together students, faculty, and mental health professionals for panel discussions, interactive activities, and educational workshops.

3. **What was the biggest challenge you faced while building the society from the ground up?**

The biggest challenge was making this society well-known in Bahria university and other universities as well. All while establishing operational processes that included securing approvals, budgeting, and convincing fellow students. But the good thing was that my team was very helpful in every challenge and always stood strong.

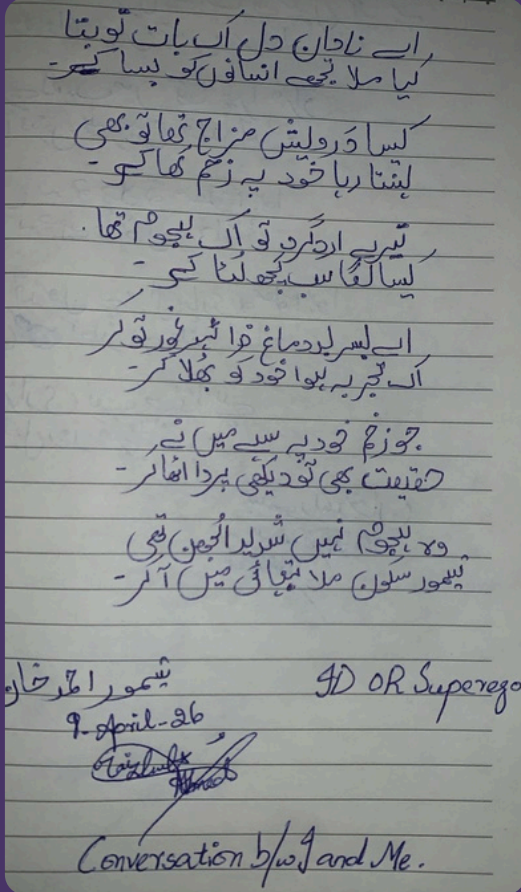
4. **What's one project or initiative you started that you wish more people knew about?**

Our **guest speaker and workshop series** featuring practicing clinical professionals and interactive clinical Q&A sessions should be more known. These sessions gave students direct unfiltered access to real world career guidance & mental health resources that directly impacted their academic and personal growth.

"I will always be thankful to the people who have always been there for me and my society. Our respected Faculty Members: Our Head Of Department- Dr. Hina Ghafoor, Our Principal- Mam Shazia, & Our Teachers- Mam Javeria Asim & Sir Talha. Without these people this society would never have been formed."

Student Voice

The student voice section is aimed at showcasing **YOUR** skills, talents, and creative works. Thank you to all our contributors. Read their works here!



Taimoor Ahmed Khan
BS Psychology- 5th Semester

The Hardest Part Isn't the Disorder, It's the Stigma

As a psychology student, I walked into my first internship expecting to learn more about mental health. I walked out realizing that understanding mental health is not just about the condition, but also **what a person goes through** before they even ask for help.

I knew mental health stigma existed. But knowing about something and witnessing it first-hand are two different things.

One conversation has stayed with me. A woman shared that she wanted to see a psychologist. Instead of encouragement, her colleague asked, "Why do you want to see a psychologist? You're not crazy." I kept thinking about that sentence.

Why do we relate going to a psychologist with being "crazy"? When someone says they are struggling mentally, they are often met with judgment, questions, or labels.

My internship taught me that the struggle doesn't start inside a therapist's office. For many people, the real struggle is **getting there in the first place**- passing through all the judgment, stigma, and fear of being labelled "crazy" just because they decided to ask for help. Sometimes, by the time a person finally reaches a therapist, they have already **fought a battle that nobody else could see**.

Mental health deserves the same care and respect as physical health. Asking for help isn't weakness. As a community, we may not always be able to take away someone's pain, but we can choose not to add to it.

Taiba Ehsan
BS Psychology- 5th Semester



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*Note: Keep all writings **under 100 words**. All Submissions are **NOT Allowed**.

Thank You for reaching the end of the **first issue** of the **Psychology Society Newsletter**. We are grateful for all the love and support from our campus director, our faculty members, all the students that contributed, and everyone else that made this possible. We wish you all the best, and stay tuned for the next edition of the newsletter!



@_psychologysociety



bseas.psychologysociety.h11@gmail.com