



(UNAI) SDG RELATED ACTIVITIES (YEAR 2023)

DEPARTMENT OF APPLIED PSYCHOLOGY

SDG- 3: Good Health and Well-being				
S#	Metric (and Indicator)	Description / Evidence (Required)	Data Source	Time required
	Metric			
3-3	Collaborations and health services	Actions to improve local and global health and well-being.		
	Indicator			
3.3.2	Health outreach programmes	Intraveristy Table tennis (Women) championship 2023-24 was recently scheduled in University of Sargodha from November 30 th till December 2 nd 2023. There were 24 teams who participated in the tournament from different cities of Pakistan such as Karachi, Lahore, Islamabad, Rawalpindi, Sargodha, Khairpur and Mardan. NUML Main Campus were among the participating teams including one player from Department of Applied Psychology. Ms. Faiza Batool faculty member Department of Applied Psychology was among the officials accompanied female students.		

		 		
3.3.5	Mental health support	<ul style="list-style-type: none"> Awareness seminar on Psychological Well-being on 16th March 2023 at Confucius Seminar Hall, Ibn-e-Khaldun Block, was conducted by Madam Tayyaba Safder from Department of Applied Psychology NUML, Islamabad. 	Department of Applied Psychology	1 Week

		 <ul style="list-style-type: none"> • A seminar on the Awareness session on Occupational health and wellbeing was held on April 27, 2023, in Confucius Seminar Hall, Ibn-e-Khaldun Block, by the Department of Applied Psychology, NUML. <p><u>Evidence-1</u></p>	y	
--	--	--	---	--



- A seminar on International Day of Happiness was celebrated by the Department of Applied Psychology NUML Islamabad on 20th March 2023 at Iqbal Hall, Ibn-e-Rushd block.

Evidence-1



- On 27th March, 2023 Psychology department held a seminar on Awareness on Autism Spectrum Disorder that was held in Iqball hall, Ibn E Rushd block. Dr. Nelofar from the National institute of Psychology, QAU joined us as the guest speaker.

Evidence-1:



- Interactive session on "Emotional Intelligence and Coping Strategies" held on 4th April 2023 at Iqbal Hall, Ibn-e-Rusht block by Department of Applied Psychology, NUML, Islamabad. On 02 May, 2023 Department of Applied Psychology, FSS, arranged a seminar on "Building Emotion Regulation skills among Youth" at Confucius Seminar Hall, Ibn-e-Khaldun Block. Resource person was Ms Shukria Qasim Khan, Consultant Psychologist, Incharge, Center for Well Being & Counselling, Pakistan Atomic Energy Commission (PAEC), Islamabad.

Evidence-1



- On 10th October 2023, Department of Applied Psychology commemorated World Mental Health Day at Confucius Institute, NUML Islamabad. Professor Dr. Sobia Masood, HOD Psychology Rawalpindi Women University was the guest speaker.

Evidence-1:



- On October 23, 2023 Psychology Well-being Society organized Awareness Seminar on Breast Cancer dedicated to raising awareness about this crucial topic at NUML Auditorium. Dr. Amna Aziz Medical Officer at NUML, who shared valuable insights regarding breast cancer.

Evidence-1:

				
--	--	---	--	--



- On the 21st November 2023, the Confucius Hall in the Ibn-e-Khaldun Block at NUML Islamabad hosted a significant event featuring Prof. Dr. Mustafeez Ahmed Alvi, Head of the Department of Islamic Thought and Culture.

Evidence-1:

				
--	--	---	--	--



- A seminar on Facilitation for Differently Abled Persons (DAPs) on 1st December 2023 was held in Iqbal hall Ibn-e-Rushd. Mr. Khalid Naeem, a distinguished figure and former Director General of Special Education, graciously led the session, shedding light on the challenges faced by differently-abled individuals and advocating for inclusivity.
- Evidence-1:

					
--	--	--	--	--	--

				
--	--	--	--	--

SDG-4: Quality Education

S#	Metric (and Indicator)	Description / Evidence (Required)	Data Source	Time required
	Metric			
4.3	Lifelong learning measures Public resources (lifelong learning)	Lifelong learning opportunities provided.		
	Indicator			
4.3.3	Vocational training events (lifelong	The Department of Applied Psychology, NUML Islamabad organized a one day workshop on Workshop on Mediation Analysis on 20 th February, 2023 at Iqbal	Department of	1 Week

	learning)	<p>Hall, Ibn-e-Rushd block.</p> <p><u>Evidence-1:</u></p>  <ul style="list-style-type: none"> • Department of Applied Psychology has organized a one day workshop on APA Report Writing for last year BS (Morning & Evening), MPhil, and PhD students on 2nd March, 2023 at Numl Auditorium. <p><u>Evidence-1:</u></p>	Applied Psychology	
--	-----------	---	--------------------	--



- On 9 March, 2023 Department of Applied Psychology NUML Islamabad arranged a one day Workshop on Case Conceptualization: CBT Based at Confucius Seminar Hall, Ibn-e-Khaldun Block.

Evidence-1:



- On 03 May, 2023 Department of Applied Psychology arranged an interactive workshop on Psychological intervention-I for students of ADCP and BS at Confucius Seminar Hall, Ibn-e-Khaldun Block. Resource person was Dr Noureen Akhter, Deputy Director, Centre for Counseling and Career Advisory, NUST, Islamabad

Evidence-1:



- On 17, May 2023 Department of Applied Psychology arranged an interactive Workshop on Qualitative Research Designs at Iqbal Hall, Ibn-E-Rusht block for students of PhD and MPhil under the management of Psychology Club. Guest speaker was Prof. Dr. Shazia Khalid, Head of the Department of Psychology, National University of Medical Sciences.

Evidence-1:



- Workshop on use of SPSS for BS students on 23rd May 2023 was arranged by Department of Applied Psychology NUML, Islamabad. Two faculty members Mr. Ammar Ahmed and Mr. Kanwar Hamza Shuja from Department of Applied Psychology successfully conducted the workshop.
- On September 27, 2023, the Department of Applied Psychology organized a Workshop on Projective Techniques at Confucius Hall Ibn-e-Khaldun Block. Guest speaker, Ms. Shukria Khan delivered an enlightening speech that emphasized the significance and practical applications of projective techniques, drawing upon her wealth of experience.



On November 29, 2023, an insightful workshop on Mediation & Moderation Analysis was conducted for PhD students of Department of Applied Psychology. The event, facilitated by the Mr. Ammar Ahmed, was aimed at enhancing the research skills of doctoral candidates and providing them with valuable insights into advanced statistical techniques.

Evidence-1:

				
4.3.4	Education outreach activities beyond campus	<ul style="list-style-type: none"> Ministry of Human Rights and HelpAge International collaborated to celebrate World Elder Abuse Awareness Day (WEAAD) on 15 June, 2023. Dr. Shakira Huma Siddiqui, Head of Applied Psychology NUML, Islamabad delivered an incredibly insightful talk on the subject of elder abuse. <p><u>Evidence-1:</u></p>		1 Week



Evidence-2:

<https://www.urdupoint.com/en/pakistan/mohr-to-celebrate-world-elder-abuse-awareness-1709341.html>

Evidence-3:

<https://www.helpage.org/>

- A group of faculty members and students from Department of Applied Psychology NUML Islamabad, organized an educational visit to hospital setting on 7th March 2023.
- A field visit to Pakistan Sweet Home on May 9, 2023 was arranged by Department of Applied Psychology NUML, Islamabad for social work students of BS 5th semester.

Evidence-1

			
--	--	--	--