

CENTER FOR WELL-BEING AND POSITIVE PSYCHOLOGY



YUMNA QURESHI

A Note of Gratitude and Farewell

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As I pen down this final editorial for the Center for Well-Being and Positive Psychology's Newsletter, I find myself reflecting on a deeply enriching journey. Over the past three years at the Institute for Art and Culture, I have had the privilege of serving not only as a lecturer but also as the editor of this publication, a space where knowledge, reflection, and stories of growth have come together. Since 2023, **27 editions** have been published under my editorship, and this **28** Volume III issue 4 marks the conclusion of my tenure with immense pride and gratitude.

Working with the Center has been more than an editorial responsibility; it has been a personal journey of learning, connection, and inspiration. Each issue we crafted was a testament to the commitment of our community to foster resilience, gratitude, and flourishing. I feel fortunate to have witnessed the passion of colleagues, students, and contributors who believe in the transformative power of positive psychology.

Beyond the newsletter, my role as a lecturer has been among the most rewarding aspects of my time here. Teaching at IAC has allowed me to grow alongside my students, whose curiosity, creativity, and dedication have inspired me every day. I am deeply grateful to them for the love and respect they have shown me; they will always hold a very special place in my heart.

As I bid farewell, I carry with me not only the skills I have honed but also the spirit of optimism and purpose that defines this place. My gratitude goes to the leadership, faculty, and students who made this journey truly memorable. I am especially thankful to Dr. Shabbir Ahmad Rana, who is the HoD of Center for Well-Being and Positive Psychology and a guiding light throughout my journey. His wisdom, encouragement, and unwavering support have left a lasting imprint on me.

To my incredible team, thank you for making my time at IAC so meaningful and beautiful. In each of you, I have found more than colleagues, I have found a family. I carry with me not only the memories of our work together but also the spirit of collaboration and care that defines this team. I am deeply grateful to have been part of this journey with you.

To be Continued

The Transformative Role of Center for Well-Being and Positive Psychology at IAC

The Center for Well-Being and Positive Psychology (CWPP) is not just a department at the Institute for Art and Culture; it is the heartbeat of the university's vision for holistic education. In times of growing pressures, CWPP has become a foundation of support, resilience, and growth for the entire community. More than a program, it is a culture-shaping force that embeds well-being, optimism, and resilience into the institution. Without it, IAC would lose a vital part of what makes it unique: its commitment to nurturing not only skilled professionals, but also compassionate, self-aware, and resilient human beings.

For students, CWPP has been transformative. Through counseling, student profiling, summer camps, Soft Skills courses, Employable Skills Development Programs, and Personality Development Seminars for Talent Scholarship students, it has helped them face challenges with confidence and unlock their potential. The Soft Skills courses have been especially impactful, equipping students with communication, leadership, and adaptability skills essential for personal and professional growth. Many students credit these programs with building confidence, purpose, and emotional strength that complement their academics. The English 100 course, offered to Talent Scholarship students, further enhances their communication skills and readiness for future challenges.

At the heart of CWPP's work are the Bachelor of Science in Psychology and Soft Skills Classes, which provide both academic grounding in psychology and essential life skills. Complementing this, the Well-Being Center offers counseling and professional support, while student profiling ensures personalized interventions tailored to individual strengths and growth areas. Key Programs and Initiatives:

- 1). **Teaching (Soft Skills Module):** Provides students with a strong foundation in psychology along with essential life skills, forming the core of CWPP's mission.
- 2). **Well-Being Center:** Offers counseling and professional support to help students manage challenges and improve their mental health.
- 3). **Student Profiling:** Identifies strengths, weaknesses, and growth areas, enabling personalized guidance and support.

To be Continued

Faculty Development Program (FDP) 14-18 July, 2025



IAC
FEDERALLY CHARTERED | HEC RECOGNIZED

Faculty Development Program
Empowering Educators through Transformative Learning

Topics:

- Story Telling Session on Personal & Professional Development
- Importance of Life Skills
- Emotional Intelligence and Creativity
- Personal & Professional Development

Organizer:
Faculty Professional Development & Training Center, IAC

Initiative Led By:
Prof. Dr. Najma Najam,
Pro Vice Chancellor, IAC

For more information & queries
042-111-111-822

The Faculty Development Program (FDP) 2025 at the Institute for Art and Culture concluded on July 18 after five days of dynamic and reflective sessions led by Professor Dr. Najma Najam, the training sessions explored storytelling, life skills, emotional intelligence, and critical thinking, with a focus on holistically strengthening faculty competence. Participants engaged in interactive activities, reflective writing, and collaborative dialogue, fostering self-awareness, adaptability, empathy, and purposeful inquiry. The week closed with a collective sense of renewal and commitment to advancing pedagogy, setting the stage for the detailed session summaries that follow. **To be Continued**

Employee Development Program (EDP) 18-22 August, 2025



IAC
FEDERALLY CHARTERED | HEC RECOGNIZED

Employee Development Program 2025
Empowering Professionals through Transformative Learning

Topics:

- Personal & Professional Growth
- Communication & Coordination at workplace: key to effective organizations
- Conflict Management
- Team Building & Synergy
- Life Skills for Work-Life Balance

Organizer:
Faculty Professional Development & Training Center, IAC

Initiative Led By:
Prof. Dr. Najma Najam,
Pro Vice Chancellor, IAC

For more information & queries
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The Employee Development Program (EDP) 2025 at the Institute for Art and Culture concluded on August 22 after five days of dynamic and transformative sessions. Expert-led training sessions focused on holistic professional growth through themes like the Johari Window, communication, conflict management, teamwork, and work-life balance. Interactive activities and reflective exercises fostered self-awareness, adaptability, and resilience. **To be Continued**

I also extend my heartfelt thanks to the readers for their positive encouragement and feedback, including, to name a few, including Dr. Nadeem Bhatti, Vice Chancellor, LEADS University; Prof. Dr. Amanullah Malik, Rector, The University of Faisalabad; and Prof. Dr. Saima Daud, Director, Institute for Clinical Psychology, Punjab University, Lahore. Your kind words have been a source of motivation and strength throughout this journey. A heartfelt thank you also goes to my **Associate Editor, Ms. Ayesha Haider**, whose unwavering support and dedication have been instrumental since the very beginning. As she is now also leaving the institute to embark on a new journey, we extend our deepest gratitude and warmest wishes for the exciting path ahead.

Though I step into a new chapter, my connection with the Institute will always remain close to heart. May this platform continue to inspire, nurture, and illuminate the path of many more who believe in creating a positive difference in the world.

I warmly encourage all readers to continue sharing their insights and reflections on humanity and positive psychology for our newsletter, so that together we can keep building a culture of growth, resilience, hope, and well-being.

**Signing off,
Yumna Qureshi**

4). **Personality Development Seminars:** For Talent Scholarship students, focusing on self-awareness, interpersonal skills, and overall effectiveness.

5). **English 100 Course:** Helps Talent Scholarship students strengthen communication skills, boost confidence, and prepare for future challenges.

6). **Employee & Faculty Development Program:** Provides training for stress management, leadership, and engagement, with initiatives to support professional growth.

7). **Monthly Newsletter:** Shares updates on initiatives, events, and success stories, keeping the community informed about CWPP's impact.

The Center's impact extends beyond students, serving as a pillar of professional and personal development for faculty and staff. These programs provide invaluable tools for stress management, engagement, and leadership, ensuring educators and leaders at IAC are supported and empowered.

FDP 1. Critical Thinking

Resource Person: Professor Dr. Najma Najam, Pro-Vice Chancellor, IAC

This session, was led by Dr. Najma, explored critical thinking as both philosophical inquiry and practical skill. Beginning with the question "How and why do we think critically?", participants reflected on identity through the prompt "Who am I?" and were introduced to frameworks of scientific thinking, logical reasoning, and problem-solving. Drawing on Platte's work, Dr. Najma emphasized clarity, disciplined thought, and open-mindedness, using the metaphor of "climbing a tree" to illustrate varied problem-solving approaches. A second writing exercise invited participants to integrate these ideas into personal narratives, touching on values, self-reflection, and intellectual legacy. Themes of mortality and meaning-making emerged, with the reminder that "The word of man is the most durable of all materials." The session closed by affirming the lasting influence of educators.



FDP 2. Importance of Life Skills

Resource Person: Professor Dr. Shabbir Ahmad Rana

This session explored the relevance of life skills in academic and personal contexts. Dr. Shabbir began with a discussion on essential soft skills, encouraging participants to reflect and list those they considered critical. Activities included "My Disagreements," where participants reflected on managing conflicts, and "Test Yourself," which highlighted overlooked competencies. The session also introduced ResearchGate as a source for authentic literature on life skills. Later, the concept of well-being was linked to five essential traits for balanced living. In an activity, participants assessed themselves against 101 positive behaviors and practices, identifying both strengths and growth areas. The session concluded with practical strategies for continuous self-improvement, urging faculty to intentionally integrate life skills into teaching and personal development.



FDP 3 & 4. Emotional Intelligence, Creativity, and Personal & Professional Development

Resource Person: Dr. Naumana Amjad

Across Days 3 and 4, Dr. Naumana Amjad led an insightful exploration of emotional intelligence, creativity, and holistic development. Participants examined the link between emotions and cognitive functioning, distinguishing crystallized and fluid intelligence through activities like Raven's Progressive Matrices. Core EI frameworks, especially Daniel Goleman's five components, were connected to leadership, resilience, and adaptability in academic and personal life. Reflective exercises and creative tasks highlighted the dynamic interplay of thoughts, actions, and emotions, while discussions emphasized compassion, renewal, and transformation. Drawing from Daniel Siegel, Huston Smith, and Islamic philosophy, Dr. Naumana underscored the importance of emotional literacy in fostering authentic leadership and meaningful relationships. She concluded with a powerful reminder: "Life must be lived, not wasted," urging faculty to integrate emotional and cognitive awareness into their teaching and growth.



EDP 1. Storytelling for Personal & Professional Development

Resource Person: Professor Dr. Najma Najam, Pro-Vice Chancellor, IAC

The opening session introduced storytelling as a powerful tool for reflection, growth, and academic leadership. Dr. Najma emphasized narrative-based reflection as a way to align past experiences with present realities and future aspirations. Core principles included continuous self-appraisal, feedback from others, flexibility, self-analysis, growth over stagnation, and building bridges to the future. She also introduced the metaphor of "Seeing Mountains" to inspire vision and groundedness. Eastern narratives such as Qissa Chahar Darwaish and *Alif Laila* were used to highlight acculturation and identity transformation. Participants engaged in a writing task to create personal stories, followed by group sharing and critical discussion that fostered empathy, teamwork, and recognition of individual strengths. A concluding exercise of rewriting the reflected the importance of feedback and refinement. The session set a reflective and aspirational tone for the FDP week.



EDP 2. Team Building and Synergy

Resource Person: Professor Dr. Shabbir Ahmad Rana

This session, led by Dr. Shabbir, focused on the importance of teamwork and synergy in the workplace. He emphasized key traits of effective team members and leaders, trust, integrity, and composure under pressure, and how their combination drives collective success. Synergy was defined as the power of collaboration to achieve results greater than individual efforts, illustrated through real-world examples like solar panels and hybrid crops. Communication, respect, and trust were highlighted as essential to a cohesive team, while lack of synergy was linked to unmet goals and dissatisfaction. The leader's role in nurturing team potential and ensuring members' physical, emotional, financial, and mental well-being was stressed. The session concluded with practical strategies to foster collaboration, unity, and work-life balance for both organizational success and personal growth.



SHAMSA AHMAD

Expect Less, Live More: The Link Between Expectations and Inner Peace

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Expectations both of ourselves and others can quietly shape our reality in ways we rarely notice. When left unchecked, they become invisible rules we hold the world to, setting us up for frustration, disappointment, and discontent. Whether it's expecting a friend to always understand, a job to fulfill every need, or life to follow a certain path, rigid expectations often become the source of unnecessary suffering. As Epictetus, the Stoic philosopher, once said: "Happiness and freedom begin with a clear understanding of one principle: some things are within our control, and some things are not."

The first step toward inner peace is awareness. Recognizing when expectations have morphed into demands helps us understand the root of our emotional unrest. Often, it's not the situation that causes our pain, but the gap between how it is and how we expected it to be. In this space, disappointment thrives. But clarity begins when we soften our grip, when we shift from "this should be" to "this is." By practicing acceptance, we create space for presence, allowing joy to arise not from perfect outcomes but from the freedom of meeting life as it is.

Choosing to expect less is not about lowering standards or giving up hope, it's about releasing control over what we cannot dictate. It's understanding that people are imperfect, circumstances change, and life rarely follows a straight line. This doesn't mean we stop caring or dreaming; it means we approach the world with openness rather than assumption. And in that openness, we find peace, not because everything goes our way, but because we've stopped tying our happiness to whether it does.

Letting go of rigid expectations is an act of emotional courage. It's a quiet revolution; a reclaiming of energy once spent on resistance and resentment. When we release the need for life to be a certain way, we begin to live more fully, more freely. In letting go, we don't lose anything of value; we gain the gift of presence. And in presence, we discover a truth that was always waiting for us: peace was never found in perfection it was found in acceptance.

RIDA BIBI

The Power of Small Wins: How Celebrating Progress Boosts Motivation and Well-Being

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In our fast-paced lives, we often chase big milestones; graduations, promotions, or major accomplishments, while overlooking the quiet victories along the way. Yet research in positive psychology shows that small wins play a powerful role in building momentum, strengthening motivation, and enhancing overall wellbeing.

Small wins could be as simple as completing a reading you've been postponing, speaking up once in class, making progress on a project, or even practicing self-care after a long day. Each of these moments signals growth and builds confidence, reminding us that progress is not about giant leaps but consistent steps forward.

Celebrating these achievements, no matter how modest, rewires the brain to notice progress rather than shortcomings. This shift cultivates optimism and resilience, helping us push through challenges with a greater sense of purpose. Over time, these small wins accumulate into significant transformation, both personally and professionally.

As author Charles Duhigg writes in *The Power of Habit*, "**Small wins are a steady application of a small advantage.**" By appreciating the progress we make each day, we not only nurture our self-belief but also create a ripple effect, encouraging those around us to recognize and celebrate their own journeys.

Remember, progress is progress, no matter how small. The key is to notice it, honor it, and let it fuel the path to greater success.



AQSA SHABBIR

Message from the Counselor's Desk: Strength in Vulnerability

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Dear Students,

In a world that often celebrates strength as being unshakable and self-reliant, we sometimes forget that true strength also lies in vulnerability. To admit when we are struggling, to seek support, or to simply say **"I need help"** is not a weakness, it is an act of courage.

Vulnerability opens the door to deeper connections. When we share our authentic selves with others, we invite empathy, compassion, and understanding into our lives. This not only lightens our own burdens but also reassures others that they are not alone in theirs.

Positive Psychology teaches us that resilience is not about never falling, but about how we rise again. And often, we rise stronger when we allow others to stand beside us. Seeking support from a counselor, a mentor, or even a trusted friend is a powerful step toward healing, growth, and building emotional resilience.

So, dear readers, remember: vulnerability is not the opposite of strength, it is its foundation. By embracing it, we give ourselves permission to grow, connect, and thrive.



A Token of Appreciation

We would like to extend our heartfelt appreciation to our Head of Library: **Mr. Ziauddin Farooqui**, for his continuous support, dedication, and professionalism. He has always been ready to help, support, and facilitate us in many ways, whether through photocopying, printing, preparing certificates and providing PDF versions of soft skills and positive psychology books, etc. His timely contributions have made many of our tasks easier and more efficient and have greatly enhanced the smooth functioning of our activities. We are truly grateful for his valuable contribution and unwavering commitment to the welfare of the students, faculty, and employees of this institution.

Wall of Wishes - Azadi Mubarak!

On the occasion of Pakistan's Independence Day, the Center for Wellbeing and Positive Psychology joined in the national celebration with warmth and enthusiasm. To mark the day, the team curated a vibrant **"Wall of Wishes - Azadi Mubarak"**, inviting guests, faculty members, and participants to share heartfelt messages for their beloved homeland. The wall quickly became a canvas of love, pride, and hope, filled with words that reflected the nation's resilience and collective aspirations for a brighter future. From expressions of gratitude for freedom to dreams of progress and unity, the messages highlighted the deep emotional connection each individual carries for Pakistan.



This initiative not only celebrated the spirit of Azadi but also encouraged reflection, positivity, and togetherness, values at the very heart of the Center's mission. It was a reminder that true independence lies not only in celebrating freedom but also in nurturing well-being, community, and shared responsibility for the future.

A Heartfelt Farewell to Our Dear Colleagues

We bid a warm farewell to our five worthy colleagues from the Center for Well-Being and Positive Psychology at IAC—**Ms. Nawal Bashir, Ms. Yumna Qureshi, Ms. Ayesha Haider, Ms. Mahwish Iqbal, and Ms. Hira Naqvi**. Their dedication, passion, and commitment have left a meaningful impact on this institution. Each of them has contributed not only to the academic growth, personality and professional development of students, employees and faculty, but also to promoting the vision and values of the center and institution to the outer world. Although it is never easy to say goodbye, may we assure them that their noteworthy contributions will always be remembered with deep gratitude. We also hope, that they will take with them the knowledge and spirit of the Center to inspire many more in their future endeavors. We, wholeheartedly wish them continued success, fulfillment and authentic happiness in the next chapters of their personal and professional journeys.



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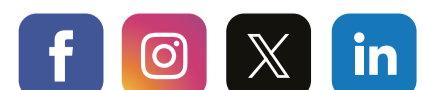
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