

CENTER FOR WELL BEING AND POSITIVE PSYCHOLOGY



Positive Psychology in Practice: Transformative Tools for a Positive Mindset

BY EDITOR: YUMNA.QURESHI@IAC.EDU.PK

Dear Readers,

In a life often overshadowed by challenges, the practical application of Positive Psychology emerges as a beacon of hope. It offers transformative tools that can shape not only our individual lives but also entire communities.

Positive Psychology encourages a strengths-based approach, where challenges become opportunities for growth. A simple gratitude practice, reflecting on the positive aspects of our lives, can significantly enhance our mental well-being. Mindfulness, the art of being present, fosters deep connections with our thoughts and feelings, reducing stress and enhancing self-awareness.

Imagine a world where the pursuit of happiness is not just an ideal but a collective effort. By embracing Positive Psychology in our daily lives, we can create a ripple effect, fostering resilience, creativity, and fulfillment.

It's time to explore these transformative tools and embark on a journey toward a brighter, more positively charged future.



IMAN ALI Student's Testimonial

IMANBABY123@GMAIL.COM

Embarking on the Soft Skills course has truly been a game-changer for me. The IAC program has far exceeded my expectations, offering a transformative experience that goes beyond textbooks and lectures. The lecturers bring a wealth of knowledge and real-world insights, making each session engaging and applicable to our personal and professional lives.

What sets this course apart is its practical approach, whether it's effective communication, teamwork, or leadership, every module equips us with concrete skills. The hands-on activities and simulations have not only honed my soft skills but have also boosted my confidence in various situations.

I highly recommend the Soft Skills course at IAC to anyone seeking a comprehensive and enriching learning journey that goes beyond the conventional.



This Award is for YOU! Lecturer of the Month

RIDA BIBI: RIDA.BIBI@IAC.EDU.PK

Ms. Rida radiates compassion and is celebrated for her unique ability to connect with students, creating an atmosphere where they feel not just educated but truly seen and valued.

In her role as a lecturer and guide, Ms. Rida's approach is akin to a masterful symphony, seamlessly blending subject matter expertise with an empathetic touch. Her lectures are not just educational experiences but transformative journeys where knowledge intertwines with personal growth.

Ms. Rida's impact at the Center for Well-Being and Positive Psychology is nothing short of extraordinary. Through her nurturing influence, she has cultivated an environment where students not only absorb information but blossom into individuals equipped for life's challenges. Her dedication to promoting mental well-being and fostering a positive mindset is truly inspiring.

We take this moment to celebrate Ms. Rida as the Lecturer of the Month, recognizing her outstanding dedication to fostering a dynamic and inclusive learning environment, her authentic engagement with students, and her continuous efforts in igniting a passion for lifelong learning and academic curiosity.

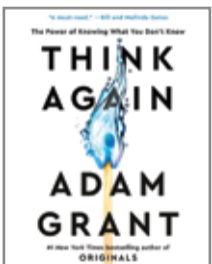
Empowering Tomorrow's Leaders: IAC's Summer Camp Leadership Training Program.



Summer Camp students engaged in a meditation activity for enhanced focus and well-being

After the successful completion of the Critical Thinking week, the next phase of the program centered on crucial elements of team dynamics and mindfulness. The students delved into insightful group discussions, fostering a deeper understanding of effective collaboration and cohesive teamwork.

Capacity-building activities were conducted to strengthen leadership skills, allowing the future leaders to navigate challenges and inspire their teams. Emphasizing the significance of mindfulness, dedicated sessions on meditation and deep breathing were incorporated. These practices aimed to instill a sense of calm and focus, providing participants with valuable tools to manage stress and enhance their overall well-being.



Book Recommendation: Think Again: The Power of Knowing What You Don't Know

NAWAL BASHIR: NAWAL.BASHIR@IAC.EDU.PK

"Think Again: The Power of Knowing What You Don't Know" by Adam Grant is a captivating exploration into the art of rethinking our perspectives. Grant challenges the common notion that unwaveringly sticking to our beliefs is a sign of strength, asserting that true intelligence lies in the ability to acknowledge when we're wrong and to reconsider our viewpoints.

Through relatable anecdotes and real-world examples, Grant weaves a narrative that encourages readers to embrace a more flexible mindset. What sets this book apart is its practical advice on fostering a culture of continuous learning and the importance of being open to feedback. "Think Again" not only inspires personal growth but also provides valuable insights for organizations seeking to cultivate a dynamic and innovative environment.

In a world that demands adaptability, Adam Grant's book serves as a compelling guide, urging us to embrace intellectual humility and the power of perpetual learning.



Interview

In Conversation with Ms. Amna Mindful Moments: Insights from the Center for Well-Being

Interviewer: Good day! Thank you for joining us today. Could you please start by introducing yourself and providing a brief overview of your role at the Center for Well-Being and Positive Psychology?

Counselor: Thank you for having me. I'm Amna Saleem and I serving as a counselor and lecturer at the Center for Well-Being and Positive Psychology. In my role, I work closely with individuals to support their mental health and well-being, utilizing positive psychology principles and evidence-based practices.

Interviewer: That sounds wonderful. Can you shed some light on what positive psychology entails and how it differs from traditional psychology?

Counselor: Certainly. Positive psychology is a branch of psychology that focuses on enhancing the positive aspects of human experience, such as happiness, strengths, and overall well-being. While traditional psychology often addresses mental health issues and disorders, positive psychology emphasizes fostering resilience, personal growth, and optimal functioning.

Interviewer: It's fascinating to learn about the focus on strengths and well-being. How do you tailor your counseling approach to incorporate positive psychology principles?

Counselor: Our approach involves helping individuals identify and leverage their strengths, fostering a positive mindset, and encouraging the development of skills for coping with life's challenges. We work collaboratively to set meaningful goals and cultivate a sense of purpose and fulfillment in their lives.

Interviewer: That sounds very impactful. In your experience, what are some common challenges that individuals seek help for at the Center, and how do you address them?

Counselor: We often see individuals seeking support for stress management, anxiety, and issues related to life transitions. Our approach involves a combination of counseling session and mindfulness practices to help individuals build resilience, cope with stress, and develop effective strategies for navigating life changes.

Interviewer: Lastly, for individuals considering seeking counseling at the Center, what advice or encouragement would you offer?

Counselor: I would encourage anyone considering counseling to take that first step. Seeking support is a courageous and positive action towards personal growth and well-being. Our team is here to provide a safe and non-judgmental space for exploration, and together, we can work towards fostering a more fulfilling and positive life.

Interviewer: Thank you so much for sharing your insights and experiences with us today. It's been a pleasure learning more about the impactful work happening at the Center for Well-Being and Positive Psychology.

Counselor: Thank you for having me. If anyone has further questions or wishes to explore our services, feel free to reach out. We're here to help.

In a world marked by cultural diversity, social adaptability is a compass for navigating various social landscapes. B.F. Skinner's analogy that **"we shouldn't teach great books; we should teach a love of reading"** aligns with the encouragement to foster a love for understanding and appreciating diverse perspectives.

Effective communication, a core tenet of social adaptability, lies at the heart of successful interactions. Carl Rogers, a pioneer in humanistic psychology, suggests that **"the only person who is educated is the one who has learned how to learn and change."** Socially adaptable individuals embody this sentiment, continuously learning and evolving through their interactions.

Embracing social adaptability expands one's repertoire of social skills while staying true to core values. Abraham Maslow's insight, **"what is necessary to change a person is to change his awareness of himself,"** underscores how social adaptability contributes to an expanded awareness, allowing authentic engagement in diverse social contexts.

In conclusion, social adaptability is a dynamic skill, a bridge connecting individuals, cultures, and societies. With a modest word count, we navigate the intricate dance of social dynamics, heeding the wisdom of renowned psychologists who emphasize adaptability, resilience, and continuous learning in the pursuit of fulfilling and meaningful social connections. Socially adaptable individuals rise gracefully, enriched by diverse experiences and connections woven into the fabric of their lives.



ANUM AZHAR

The Surprising Role of Emotional Intelligence in Academic Success

ANUM.AZHAR@IAC.EDU.PK

"No matter the situation don't let your emotions overpower your intelligence"

Turcois Ominek

For a very long time, high Intelligence and a conscientious personality have been considered the most necessary psychological traits for academic success however recent research has highlighted the eminence of emotional intelligence toward the success of students.

A student being smart and hardworking is one thing, but understanding and managing their emotions makes them highly likely to triumph in their grade. One of the most surprising findings includes the association of emotional intelligence with academic success regardless of the student's age. Students with higher emotional intelligence are capable of managing their negative emotions such as anxiety, boredom, frustration, and disappointment, which may negatively affect their class performance moreover, these same students can manage their social world, and they maintain better relationships with their family, peers, and teachers which



MARIAM KHAWAR

Navigating Change: The Art of Social Adaptability

MARIAM.KHAWAR@IAC.EDU.PK

"The only person who is educated is the one who has learned how to learn and change."

Carl Rogers

Social adaptability, the nuanced ability to navigate the intricate web of social interactions, is a transcendent skill in our continually evolving world. Charles Darwin's wisdom echoes in this context, noting that survival belongs not to the strongest or most intelligent but to those most responsive to change. In the realm of human interactions, social adaptability emerges as a key determinant of success and satisfaction.

At its core, social adaptability involves adjusting behavior, communication style, and mindset to suit the dynamics of diverse social contexts. Helen Keller's insight that "alone we can do so little; together we can do so much" underscores the collaborative strength embedded in this skill.

Renowned psychologist Erik Erikson emphasizes the significance of networks, stating that **"the richest people in the world look for and build networks, everyone else looks for work."** Social adaptability facilitates effective network-building, fostering a sense of belonging and collaborative achievement.

contribute towards their success in academics.

Not only this, the skills required for emotional intelligence such as understanding human emotion and motivation are similar to those skills required to master certain subjects including history and language giving students with higher emotional intelligence the advantage to earn better grades in those subjects.

For those aiming to enhance emotional intelligence, insights from Inc. and Roche Martin offer practical steps. Emphasizing self-awareness, individuals are advised to notice and predict their emotions while keeping a diary to track and manage reactions. In times of emotional intensity, channeling feelings into creativity or productivity is recommended. Viewing failures as learning opportunities and practicing active listening are integral components. Maintaining a positive attitude, personalized to individual preferences, and responding constructively to conflicts are crucial. Recognizing that emotional intelligence evolves over time with conscious effort, the guidance encourages a proactive start toward developing a high emotional intelligence quotient, fostering success in both personal and academic realms.

“

“In the last decade or so, science has made significant discoveries about the role of emotions in our lives. Researchers have found that even more than IQ, your emotional awareness and abilities to handle feelings will determine your success and happiness in all walks of life, including family relationships.”

”

John Gottman

"The major barrier to mutual interpersonal communication is our very natural tendency to judge, to evaluate, to approve or disapprove, the statement of the other person, or the other group." By minimizing judgment and fostering an open-minded approach, we pave the way for meaningful conversations that strengthen relationships.

In conclusion, the art of positive communication serves as the cornerstone of healthy relationships. It involves not just speaking, but actively listening and responding with empathy and creating connections that are built on understanding, respect, and positivity.

Employee Development Program “The Center’s Approach to Employee Growth and Alignment”

The Center for Well-Being and Positive Psychology has undertaken a commendable initiative with its Employee Development Program, dedicated to fostering the holistic growth of employees. This multifaceted program begins with comprehensive assessment sessions designed to pinpoint areas for improvement in both personal and professional domains. Following that, personalized one-on-one sessions are conducted to discuss and share the assessment results with each employee.



Faculty members at IAC engaged in an insightful employee development session.

During these individualized interactions, efforts are made to align the employees' career roadmaps and personal goals with the overarching objectives of the institution. This strategic alignment not only ensures that employees are contributing meaningfully to organizational goals but also enhances their sense of purpose and fulfillment within the workplace. Moreover, the outcomes of the assessment sessions serve as the foundation for tailored skill-building programs and training sessions.

By addressing specific areas identified through assessments, the Center aims to provide targeted support for each employee's personal and professional growth. This proactive approach underscores the institution's commitment to nurturing a workforce that is not only competent but also fulfilled and aligned with the broader mission and vision of the organization.



MAHWISH IQBAL

The Art of Positive Communication: Fostering Healthy Relationships

MAHWISH.IQBAL@IAC.EDU.PK

Faculty Development Program “Exploring the role of a Teacher” with Prof. Dr. Muhammad Yusuf Awan”



Prof. Dr. Muhammad Yusuf Awan emphasizing the pivotal role of a teacher in shaping futures



Dedicated faculty posing at the end of a successful Faculty Development Program Session.

In today's world of human connections, positive communication emerges as the golden thread that binds individuals in healthy relationships. The ability to convey thoughts and emotions effectively not only enriches our personal connections but also cultivates an environment of understanding and harmony.

Positive communication involves more than just conveying information; it encompasses the art of listening, empathy, and choosing words that uplift rather than diminish. By embracing this art, we create a space where mutual respect and appreciation flourish.

As American author H. Jackson Brown Jr. aptly said, "Effective communication is 20% what you know and 80% how you feel about what you know." This emphasizes the emotional aspect of communication, highlighting the significance of infusing positivity into our expressions.

Moreover, renowned psychologist Carl Rogers advocated for the transformative power of positive communication:

The Center for Well-Being and Positive Psychology's Faculty Development Program (FDP) session focused on the "Role of a Teacher," featuring Prof. Dr. Muhammad Yusuf Awan, the Dean of the School of Architecture, Design, and Urbanism. The session commenced with a warm welcome by Ms. Rida, setting a positive tone for the proceedings. To actively engage participants, Ms. Rida and Ms. Anum distributed the Social Intelligence scale, fostering a proactive and inclusive environment.

Prof. Dr. Muhammad Yusuf Awan initiated the training and provided a comprehensive exploration of various sub-topics related to the role of a teacher. This included delving into the definition of a teacher and highlighting the essential qualities of effective teaching. Furthermore, he discussed different learning types, placing emphasis on the nurturing role that teachers play in the educational process. This development session proved to be an insightful and well-rounded discussion, enriching participants with valuable insights into the multifaceted responsibilities and qualities of an effective educator.

Mental Health Day: Empowering Minds

The Center for Well being and Positive Psychology recently conducted a Mental Health Day event, wherein two distinguished guest speakers were invited to address the paramount significance of both mental and physical health. The speakers actively engaged with students in an interactive session, responding to inquiries regarding the crucial aspects of maintaining sound mental and physical well-being.



The faculty of Center for Well Being and Positive Psychology along with the Pro Vice Chancellor, Registrar and students on Mental Health Day



Mime Society takes the stage at Mental Health Day, skillfully highlighting the significance of mental health.

In addition to insightful discussions, the event incorporated various creative competitions, encompassing photography, drawing, and poster making. Furthermore, the day was enriched by captivating performances from the Mime and Theater Society, who creatively explored the theme of mental health. Shields were awarded to the winners of these competitions, as well as to the event organizers, recognizing their contributions.

The event served as a profound learning experience for the students, equipping them with valuable insights and practical strategies to ensure the preservation of their mental health. The amalgamation of informative discussions, interactive sessions, and creative expressions rendered the event a comprehensive platform for fostering awareness and understanding regarding holistic well-being.



ZAYN MAZHAR

Banana land Chronicles: A Soft Skills Adventure

FLYWITHZAIN777@GMAIL.COM

Once, in our soft skills class, our teacher, Ms. Aqsa, made things super fun. She asked us to pretend we were someone else in a pretend networking event. I got to be "Professor Banana," an expert in fruit feelings.

When it was my turn to talk to Ms. Aqsa, I shared all about the emotions of bananas. Right at that moment, the Head of the Department walked in! Instead of getting serious, Ms. Aqsa introduced me as Professor Banana, making everyone, including the Head, burst into laughter.

That day, we learned the importance of being quick and humorous in our communication. And you know what? "Professor Banana" became a famous story in our class, showing us that sometimes, unexpected and amusing things make learning way more enjoyable.

READERS ACTIVITY

Self-Care Vision Board

Keywords:

Self-care, self-compassion, creativity, inspiration

Time: 60 minutes

Goal: To increase self-compassion through fun and playful creativity.

Instructions:

- Develop a list of enjoyable self-care activities aligned with personal values.
- Locate inspiring images for each activity and engage in brainstorming for associated words and phrases.
- Create a vision board thoughtfully, using resonant images and phrases from the self-care activities.
- Place the vision board prominently in a visible location.
- Utilize the board as a motivational tool, implementing and prioritizing the depicted self-care activities for personal improvement.

Dear Counselor: How do I?

Dear counselor, as you're aware, the weather is changing, and the onset of winter is often accompanied by seasonal depression due to its long, nights. How can people effectively combat this seasonal depression?

Dear Reader,

I understand the struggle you're facing with the overwhelming load of work and personal responsibilities. To tackle this stress, consider a few practical strategies. Start by organizing tasks based on urgency and importance, breaking down larger ones into manageable steps. Setting realistic goals will keep you from feeling overwhelmed, and using calendars or planners will help you manage your day effectively.

Recognize your limits and don't be afraid to decline tasks or responsibilities. Delegating to others, if possible, can also ease the burden. Take short breaks during the day to refresh your mind and consider incorporating mindfulness or relaxation techniques. Prioritize a healthy lifestyle with sufficient sleep, a balanced diet, and regular exercise.

Sharing your feelings with friends or family can provide emotional support, and if needed, seek the guidance of a mental health professional for personalized coping strategies. Remember, it's absolutely okay to ask for help. You don't have to go through this alone.

Wishing you strength and balance.

EDITORIAL BOARD

Editor:

Yumna Qureshi
Lecturer

Assistant Editor:

Ayesha Haider
Lecturer

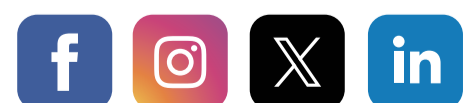
Design Department:

School of Art

CONTACT

(042) 32590040 | <https://iac.edu.pk>

7.5 Km from Thokar Niaz Baig,
Main Raiwind Road, Lahore.



@iacofficials